

## THE EFFECTS OF PROPRICEPTIVE TRAINING ON THE RESULTS OF SPECIFIC MOVEMENTS IN RHYTHMIC GYMNASTICS

### **Summary**

*Transformation procedures with the aim to determine the obtained effects have been programmed and realized with the students aged from 21 to 25. The total sample for the needs of this research consisted of 141 testee of male sex (71 in the experimental and 70 in the control programme). Some 9 variables for the estimation of specific movements in the rhythmic gymnastics have been applied. The experimental group had an additional training of proprioceptiveness whereas the control group had the training of other standard programs. The analyzed changes developed in the direction of a very fine differentiation in individual groups of tests which, in essence, represented the types of equipment being mastered in the domain of stylized movements realization (rope, hoop, ball). The changes in control group headed to integration of all tests, in other words, to control the functions being responsible for performance of rhythmic movements. The conclusion was that it was precisely the proprioceptive training in experimental group which speeded up the formation of global control structures and realized the local differentiation which obviously resulted in a higher level and better quality movement. On the basis of everything mentioned, it could be said that the training programming in the rhythmic gymnastics, but also in some other numerous and different types of sport disciplines, could be much more enriched by programs being extremely saturated from the domain of proprioception, because it is not to be excluded that there is an enormous wealth in that area which can be applied into different forms of some adequate methodical operational procedures. Naturally, one should program the precise definition of types and forms of tasks, the exact number of repetition depending on the phases of transformation and the aims of work, the total volume and specific programmes in congruence with the features of some particular sports, which represents the area for some future research, but at the same time, it is totally certain that the proprioceptive training represents a very important means for improvement of work in rhythmic gymnastics.*

**Key words:** proprioception, training