

## **Abstract**

**Title:** Personal assistance in the study program of Adapted physical activity.

**Objective:** The object of this bachelor thesis is teaching of foundations of personal assistance in other specialized subjects at Faculty of Physical Education and Sport in study programme Sport/physical activity and program of Adapted physical activity. The aim of this thesis is find out the current level, searching for possibilities to improve it and reaction of participant of workshop.

**Methods:** The qualitative research include structure of education program and its evaluation. Used data were collected by a self-opinion survey and half-structured interview. The quantitative research include the main topic of this thesis in different correlations. In the research part of the thesis are theoretical basis in correlation between personal assistance and study of Adapted physical activity. In the research part of this work 34 students of Adapted physical activity (1-4 semester) attend education program of personal assistance and thereafter answer the survey. This survey include opinion and self-experiences about personal assistance and this education program. The group form of testing include 3 men in age of 22-23 years old.

**Results:** The results of survey show beneficial effect with workshop, interest in licence course and positive influence of combination of study and personal assistance work.

**Conclusion:** This research show up a positive result to apply personal assistance as a part of subjects in study programme of Adapted physical activity. The results of survey from students whose study physical activity and at the same time are engaged in personal assistance says enrich of this students. All members of group form testing agree to put personal assistance to study programme Adapted physical activity as a specialized subject or as a part of any other subject as for example somatopedica.

**Key words:** Project teaching, adapted physical activity, theory of education at Faculty of Physical Education and Sport Charles University in Prague, practice learning, personal assistance