Abstract

Title: Exercise testing of paralympic athletes with physical disabilities

Objectives: The aim of this thesis is to find out if paralympic athletes undergo exercise testing regularly, what is involved in this testing and whether the result are being followed or eventually consulted with the coach.

Methods: The work is based on qualitative research. The information is obtained using the query method. As a method of data collection, the questionnaire of own construction and informal interview were used. The questionnaire was handed out to ten paralympic athletes. Six of them suffer from inborn malformations in the form of cerebral palsy, four of them have trauma caused by an accident. Two of them have limb amputation, two of them have spinal lesion and the last one has multiple sclerosis. The interview was conducted with a representative coach, sports physician and two elite athletes with physical disabilities.

Results: Based on the questionnaire and an informal interview, I have found out that only 2 out of 10 paralympic athletes regularly perform stress tests and sports evaluation. The remaining 8 athletes undergo evaluation irregularly. 80 % of respondents follow the advice and recommendation of a physician, and 20 % of them do not. Based on the interview, we can say that in current paralympic sport there is awareness of the benefits of systematic training and, at the same time, the important role of stress diagnostics in preventing disability progression and sports injuries or complications.

Keywords: paralympic athletes, stress test, physical examination, sports medicine