

Abstract

Title: The physical activity of dog-owning persons with a spinal cord injury.

Objective: The aim of this thesis is to find out the level of physical activity of persons with a spinal-cord injury who own a dog. This work employs both subjective and objective methods of analysis. A secondary objective is to find out whether dog-owning individuals with a spinal cord injury get enough daily physical activity as recommended by the Canadian Physical Activity Guidelines for Adults with Spinal Injury.

Method: The research was conducted using a combined qualitative-quantitative method. The sample comprised of five men aged 29-66 years with spinal cord injury (4 quadriplegic and 1 paraplegic). The physical activity was subjectively measured by a semi-structured interview "PARA-SCI." Objective measurement of the physical activity was conducted using an accelerometer ActiGraph GT3X+. Each participant's physical activity was measured for three three days.

Results: The average objective physical activity of the participants was 2166.3 minutes, while the average PARA-SCI result was 1558.8 minutes. The difference between these two results is not statistically significant. The participants fulfilled the levels of physical activity as prescribed by the aforementioned guidelines.

Keywords:

Paraplegia, quadruplegia, spinal cord injury, wheelchair, dog, exercise intensity, accelerometer