

ABSTRACT

The bachelor thesis deals with the impact of high performance sports on pregnancy, delivery and puerperium.

Theoretical part is focused on the changes in the organism of a pregnant woman, especially on her diet and the impact of either excessive or deficient physical activity. This part also evaluates the suitability of individual sport activities in terms of intensity and specificity during the period of pregnancy. It also addresses the influence of sport anamnesis on the delivery during each birth periods. The thesis also seeks the theoretical basis for returning to a high performance field or maintaining an adequate physical activity during the period of puerperium and lactating.

The purpose of the practical part is to compare the population of professional athletes with the average population in both qualitative and quantitative features.

Data from Obstetrics-gynecology clinic are used for the quantitative part of the research and are compared with a control group of the average population.

The qualitative part is processed in the form of semi-structured interviews. Interviews were conducted with respondents who performed top-level sport and with respondents who had never pursued top-level sport. The respondents were acquainted with the topic of bachelor thesis and using their data. They were further assured of their anonymity.

The quantitative method of the research showed that top sport affects weight gain during pregnancy, has a positive effect on individual birth periods, but negatively affects birth injury.

From the qualitative part of the research it can be seen that sportswomen are better able to cope with stress and strain during the puerperium and return to sports relatively soon after delivery.

It is also very beneficial that interest after quick return to the original condition doesn't always have a positive effect on the puerperium.

keywords: high performance sport, top-level sport, pregnancy, delivery, puerperium, midwife