

Abstract

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Title: Exercise and physical activities during pregnancy from the perspective of physiotherapist in the Czech Republic.

Objectives: The aim of this diploma thesis is evaluate the opinions, experiences and competencies of physiotherapist from the Czech Republic in relation to work with pregnant woman, which were collected during pre- and postgraduate education.

Methods: A non-standardized questionnaire was created for the Leeds of the research. The research was taken by 171 probands (physiotherapists of the Czech Republic). The data were evaluated using Microsoft Excel and mathematical software R.

Results: In the examined number of physiotherapists in the Czech Republic (n = 171) it was found that over 85 % (n = 146; 85,4 %) of participating physiotherapists randed the evaluation of informatik during undergraduate study and the possibility of working with pregnant woman as insufficient. There were no statistically signifiant differences between the evaluations of respondents from different schools or between the time from graduation. More than 81 % of respondents (n = 139) were interested in pregnancy education. Interest of women dominated over interest of men. Over 71 % of respondents (n = 119) work regurarly with pregnant women and more than 73 % of respondents (n = 126) provide information. More informations is provided by physiotherapists with Langer practice and physiotherapists working in non-governmental health facilities. Most of the data and informatik obtained from respondents about physical aktivty in pregnant women correspond to the recommended standards.

Keywords: physical aktivty, pregnancy, physiotherapists, education, Czech republic