

Abstract

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Title: Physical activity and its quality in children with ADHD

Objectives: The aim of the theoretical part of the work was to process the issue of ADHD, especially in children of younger school age. The work also aimed to present the possibilities of testing and therapy in physiotherapeutic practice.

The aim of the practical part was to obtain information about the subjective evaluation of children's motor skills by the DCDQ questionnaire from the point of view of their parents, to get an idea of leisure activities and physiotherapy care and to compare test results (One Leg Stance Test and The Ladder Agility Test) of experimental group with control group.

Methods: The research group consisting of 22 probands and the control group of 25 probands completed 2 standardized tests (The Ladder Agility Test, One Leg Stance Test). Their parents completed The Developmental Coordination Disorder Questionnaire and answered 2 open questions. The obtained data were evaluated in Microsoft Excel. A two-sample t-test (Welch version) was used for statistical processing.

Results: Statistically significant differences were found in the evaluation of probands by their parents with the ADHD questionnaire, but in practical motor tests no significant differences were found between the experimental and control groups.

Conclusion: Based on the obtained results, we cannot confirm that children with a diagnosis of ADHD have statistically significantly worse motor skills compared to children without this diagnosis, although there were theoretical assumptions.

Keywords: ADHD, quality of movement, DCDQ, Ladder agility test, one leg stance