

Abstract

Title: Bodyweight training in individuals with spinal cord injuries and the possibilities in usage of outdoor gyms in Prague

Objectives: The aim of this diploma thesis was to compile a methodical series of bodyweight exercises suitable for people after spinal cord injury. It was also found out which of the Prague outdoor gyms are suitable for performing exercises from this methodical series and thus also for people using a wheelchair.

Methods: The method of theoretical-critical analysis was used to compile the methodical series. Theoretical knowledge was applied in the selection and description of exercises. The methodical series is divided into groups of pulling and pushing exercises. Each of them contains descriptions of exercises, their modifications and photographs. Outdoor gyms were deliberately selected for research and quantitatively evaluated in the table. Selected outdoor gyms evaluated as suitable were qualitatively commented and supplemented with photographs.

Results: The methodical series contains 12 exercises and photographs. In the description of the exercises, attention is paid to the key points in the implementation, the possibility of regression and progression of the exercise and the goal of the exercise. After the analysis of 39 Prague outdoor gyms, 12 suitable outdoor gyms were evaluated, 6 partially suitable, 6 rather unsuitable and 15 completely unsuitable. For gyms marked as suitable, the equipment, the surroundings and the accessibility by public transport and car are commented. Each commentary contains photographs.

Key words: bodyweight training, wheelchair user, outdoor gym, exercises