

Abstract

Title: Aerobics intervention motoric program for individuals with Down syndrome.

Objectives: The aim of the bachelor's thesis is to create and verify an aerobics intervention program based on an analysis of theoretical background and an interview with specialists in the sphere of sports and education of people with DS.

Methods: The work is focused on the creation and implementation of an aerobics intervention program for people with Down syndrome (DS) based on an analysis of theoretical background and an interview with specialists. The planned methods of data collection that were used are a semi-structured interview, analysis of theoretical background, induction, description of knowledge and own creative work during creating the program.

Results: The research shows that people with Down syndrome enjoy sports. Despite the advances brought by modern times, the offer of physical activities for people with Down syndrome seems to be poor. Due to the health complications that Down syndrome brings with it, aerobic activities for individuals with the mentioned diagnosis seem to be suitable and developmental for their physical and mental side. Individuals with Down syndrome have a warm relationship with music, which becomes their motivation in almost every activity. The specialists found the program proposed by me to be suitable.

Keywords: applied physical activities, gymnastics, music, motor skills, memory, movement composition, rhythm, trisomy 21