

Diploma thesis „Vliv řízeného tréninku na habituální pohybovou aktivitu pacientů s diabetes mellitus 2. typu“ in the theoretical part deals with Type 2 diabetes (DM2T), its complications and possibilities of its therapy. Emphasis is put on physical activity as the main non-pharmacological mean influencing insulin resistance. The basic health aspects of physical activity, general recommendations and specific sport activities for DM2T patients are mentioned. We also focus on potential risks related to physical exercises. Furthermore, we examine habitual physical activity, meaning energy expenditure in daily activities. The objective of the practical part of this thesis is to determine the level of habitual physical activity of DM2T patients and to show how it is influenced by stationary bicycle exercises. The impact of regular physical activity on the health indicators, physical fitness and anthropometric parameters, is examined. The sample of patients includes 20 individuals with DM2T, who have completed insulin therapy and currently are cured with peroral antidiabetics and regime measures. Pedometer and International Physical Activity Questionnaire (IPAQ) are used in order to monitor habitual physical activity.