

Abstract:

Title of the thesis: Special training for mentally handicapped with motivation segment rafting.

Aim of the thesis: The aim of the thesis was to evaluate the effect of exercise on selected variables of locomotor system function.

Methodology: The project was conceived as a case study and it so the participation of ten people with mental handicapped (age about 23 years). The group was examined using a basic investigation method for evaluating posture and muscular power. The study lasted six months. Three mounths the group didnt' exercise (do gymnastics) and following three mounths the group done special examine.

Conclusion:

Key words: rafting, mental handicapped, body preparation, special exercise.