

## Abstract

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**Title:** The Possibilities of water-based exercise program during pregnancy

**Aim:** The aim of this bachelor thesis was to evaluate the benefits and risks of aquatic exercise in pregnancy on the basis of scientific literature and to create a stack of suitable exercises as a methodological material for exercise programs for pregnant women.

**Method:** The methodology of this bachelor thesis is in the form of a review study that systematically analyses the available literature from databases such as PubMed, Web of Science and Scopus. The aim is to evaluate the benefits, risks and recommendations of aquatic exercise in pregnancy. Only peer-reviewed articles from the last 10-15 years that met predetermined criteria were included in the analysis. The selected studies were then subjected to a content analysis method.

**Results:** The result of the work is a methodological material in the form of a pictorial exercise itinerary that can serve as inspiration for exercise programs in water for pregnant women. The material contains a set of exercises divided into an introductory, main and final part of the lesson, with each exercise accompanied by photographic documentation and a name corresponding to its focus.

**Conclusion:** The results of the study confirm that water exercise is a safe and effective form of physical activity in pregnancy with positive effects on women's physical and mental health. The developed exercise tray can serve as a practical methodological tool for instructors and health professionals when planning exercise programs in water for pregnant women.

**Key words:** exercise, swimming, pregnancy, aquatic environment, benefits