

## **Abstract**

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**Title:** Comparison of two fitness centres in terms of possibilities and usability for people with physical disabilities

**Objective:** To determine the real possibility of using a fitness centres for individuals with physical disabilities in 2 main fitness centres in Příbram.

**Methods:** Two fitness centres in the city of Příbram were deliberately selected for the qualitative case study, which differ in their size, equipment and service orientation, and where data collection was carried out in the form of a qualitative survey and descriptive analysis. For the needs of the research, a methodological assessment manual was created, which serves to assess the usability of fitness centres for people with physical disabilities and at the same time helps to identify possibilities for improving the accessibility of the environment for all users. The manual is divided into four thematic areas, namely the external environment and accessibility, entry and movement in the facility, equipment and premises of the sports facility and specific information for people in the fitness centre. The manual was completed in both centres based on a controlled interview with the person in charge and a direct survey in the fitness centres premises. The results were evaluated and compared.

**Results:** The results of this research show that in both monitored publicly accessible fitness centres, the usability of exercise machines for people in wheelchairs is higher than 60%. Both centres also allow the use of some of the other spaces and services offered, thus supporting the inclusion of people with physical disabilities in regular sports activities. However, the most fundamental deficiency remains the absence of barrier-free social facilities, i.e. toilets and showers, which are a necessary condition for full and comfortable use of services without restrictions.

**Conclusion:** The work has shown that both fitness centres allow people in wheelchairs to use most of the machines and main spaces. The biggest obstacle remains the lack of barrier-free social facilities. The results can serve as a basis for improving the accessibility of services. Operators should focus more on removing barriers. The work also offers possibilities for similar further research in this area.

**Keywords:** wheelchair, weight training, barrier-free, accessibility, fitness centres