Abstract

This bachelor's thesis explores the effects of regular physical activity as a form of rehabilitation on selected symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in children between 7 and 15 years old. The primary aim was to determine whether an eight-week structured exercise intervention could positively influence impulsivity, motor restlessness, and the ability to cooperate within the home environment. The practical section is based on three case studies in which children participated in a home-based physical exercise program designed according to physiotherapeutic principles and carried out regularly with parental support.

The results indicate that regularly incorporated physical activity can lead to improvements in impulsivity, overall physical calming, and willingness to cooperate in daily routines. A slight positive improvement was observed in all three children, as recorded through evaluation questionnaires as well as based on subjective feedback from parents. Although the values related to attention remained largely stable, the movement-based intervention proved to be a beneficial supportive tool for managing selected behavioral symptoms of ADHD. From the perspective of rehabilitation practice, the study confirms the importance of integrating physical activity strategies into comprehensive care for the child—especially in the home environment, where the exercise regimen can be individually adapted to the child's needs and the family's capabilities.