

ABSTRACT

The name of the study: Methodology of training of scuba diving for disabled

Aim of the study: A primary aim is to get the highest possible amount of valid information related to methodology of training of scuba diving for disabled and health contra-indications of disabled when scuba diving. A secondary aim is to carry out an analysis and a synthesis of information and to create a comprehensive view of diving. A tertiary aim is to offer the research to all people who need it (such as instructors, lecturers, disabled, etc.).

Methods of the work: The study is based on finding of specific information about adapted methodology of training of scuba diving for disabled and mainly about health contra-indications related to specific disabilities from all available sources. Analysis and synthesis were used to process gained information.

Results: The study gives an informative overview of each scuba diving disciplines, scuba diving history, types of diving, diving expertise, diving of disabled in the Czech Republic and abroad, a possibility for disabled to get diving expertise, furthermore of classifications of different disability types for swimming disciplines and for comparison also further classifications for example from the point of view of sports games and methodology of training of scuba diving for disabled. The study mainly gives an opportunity to learn about health contra-indications related to scuba diving of disabled people. By results of this study was evidenced, that handicapped people with different range of disabilities are able to practice adapted scuba in the protected water space (e.g. swimming pool) or in open water scuba. Adapted scuba is suitable sport activity for handicapped people under the conditions of respecting safety rules and their actual medical status.

Key words: Diving; scuba diving; diving of disabled; methodology of training of scuba diving for disabled; adapted methodology of training of scuba; contra-indications when scuba diving; stay under water.