

Abstract

In the beginning of the theoretic part of the thesis I briefly describe problems of the Spinal cord lesion. In the main part I concentrate on terms definition of the physical and health-related fitness by various authors, fitness testing, then significance physical activity of handicapped people and complications related to physical fitness of paraplegics.

In the practical section of this pilot study was applied the questionnaire and battery testing, which we have originally created. Respondent fills the questionnaire on his own and the paraplegic's practical skills are evaluated. The battery testing is focused on practical measurement of single components of health-related fitness and it is provided by therapist.

Fifteen paraplegics participated in the research (14 men, 1 woman). From created graphs of individual questions we were examining diversions of respondents from average value, individual respondents with each other and we were searching relation with several parameters. We were focusing on practicableness of terrain measurement and we were interested in reactions of paraplegics on the course of the testing, because it was a pilot study.

Key words:

Transverse Spinal Cord Lesion, Paraplegia, Physical Fitness, Health-Related Fitness, Physical Activity, Battery testing, Questionnaire.