

The theoretical part of the dissertation covers the theoretical information about Cystic Fibrosis and an overview of anatomy and physiology of respiratory mechanism. Since the dissertation is rather aimed at the practical work, it further describes exercise physiology and the techniques of respiratory physiotherapy. The purpose of the dissertation is to find out the effect of a specific training scheme upon respiratory functions in selected individuals with Cystic Fibrosis, who are diagnosed with different levels of obstructive ventilatory defect. The training scheme includes an aerobic exercise on bicycle ergometers in combination with respiratory physiotherapy. The spirometry test results have shown that the respiratory functions in all patients have improved.