

## **ABSTRAKT**

### **Name:**

The aim of communication between an accompanying runner and a visually handicapped athlete

### **Project goal:**

In my diploma thesis, I would like to pay attention to athletics as a suitable sports activity for visually handicapped persons and inform the readers about the problems of athletics of visually handicapped people. Another objective is to specify the aim of communication between a visually handicapped sportsman and an accompanying runner.

### **Methodology:**

Summary of available literature and electronic information sources; the collection of data by means of a questionnaire; discussions with visually handicapped athletes; subsequent comparison to existing experience and the evaluation of new conclusions.

### **Results:**

Athletics is a suitable sports activity for visually handicapped people. Long-term co-operation of an athlete and an accompanying runner markedly influences the sports performance. Mutual communication, created during the athletic training, is also an important element for the performance increase. Mutual communication is characteristic for each athletic couple and therefore it is not possible to follow points, which were set in advance.

**Key words:** athletics, communication, visual handicap, accompanying runner