

Abstract

- Title of bachelor thesis:** Fitness rowing as a way how to influence hypokinesia of adults.
- Author:** Kristýna Kyselá
- Supervisor of bachelor thesis:** Prof. Ing. Václav Bunc, CSc.
- Objective:** Verify the applicability of rowing not only as a convenient means of influencing physical fitness but also as a maintenance of mental health for adults.
- Methodology:** Survey filled by two Prague rowing clubs - Rowing club Bohemians Praha, Rowing club Smíchov and two coaches from each of them were used to fulfill the objectives. Participants of that survey were 21-78 years old and the total number of them is 25.
- Results:** Participants expressed satisfaction with rowing - in the survey they said that they definitely feel better physically and they also reported psychological well-being and they want to continue rowing. For that group of participants rowing can be used as a solution of lack of physical activity in the age range of 21-78 years.
- Keywords:** hypokinesia, sedentary lifestyle, obesity, healthy lifestyle, physical activity, fitness rowing