

Abstract

Title: Trail-O as the means of integration of persons after spinal cord injury.

Objective: The goal of the thesis is to describe the current situation of the Trail-O event and to highlight its utilization options for handicapped people.

Methodology: The research group consists of 18 respondents, of which 10 handicapped and 8 persons without a handicap, 11 men and 7 women engaged in Trail-O. The research was conducted using a public inquiry, the investigation focused on the personal data and information about this sport. Data collection took place at the European Cup in Trail-O in September 2015 and electronically on the server www.surveymonkey.com. The data was evaluated by descriptive statistics, the absolute and relative frequencies.

Results: Men are more engaged in Trail-O than women and approximately the same amount of handicapped as respondents without a handicap. 17 respondents has previous experience with other sports, 13 of them to the Trail-O received by previous operation of orienteering. The main motives for doing Trail-O are nature, people, the possibility of competition between the handicapped and the healthy as well as the possibility to contest on top level even with a handicap. Part of the side motives are supporting the development of Trail-O, helping the handicapped in contests, working with a map and a leisure activity.

Conclusion: Trail-O is a unique sports discipline from the perspective of equality of competition between healthy and handicapped persons. Many motives for this sport coincide with other sports in the nature.

Keywords: Spinal Cord Injury, Orienteering, Trail Orienteering