

Abstract

Title: Physical activity education in case of individuals with 2nd type diabetes mellitus

Objectives: The main objective of the thesis was to demonstrate the positive impact of regular and long-term physical activity education on metabolic parameters and physical fitness on individuals with type 2 diabetes mellitus.

Methods: For the research were chosen by physician four probands, who underwent survey using a standardized questionnaire IPAQ short version. Further testing was performed using walk physical performance test according to Stejskal, in which the heart rate was monitored with sporttester evaluation and laboratory parameters supplied by the diabetic clinic (blood glucose, glycated hemoglobin, lipid spectrum - HDL, LDL cholesterol, triglycerides). Production of results was done using statistical data analysis and graphical analysis shown in collaboration with the laboratory of sports motor skills FTVS UK, others the results are displayed in tables.

Results: Education of physical activity is important for DM2T especially in the area of increasing physical fitness. In the output test, better results were reached than in the test input. During the three-month exercise intervention were not made significant changes in anthropometric parameters. Also not been reached even positive changes in biochemical parameters. Low levels of physical activity before starting the exercise intervention were not confirmed.

Keywords: Type 2 diabetes mellitus, diabetes compensation, physical activity