

Abstract

Title: Selected components of physical fitness and physical activity level in people registered in the Special Olympics movement

Objectives: The aim of the thesis is to describe the level of physical activity and functional status, as well as selected components of physical fitness of adult athletes registered in the Special Olympics Movement.

Methods: 37 athletes participated in the study (20 men, 17 women, age 18-39 years, mean age $29,2 \pm 6,1$ yrs). To evaluate physical fitness and physical activity level, FUNfitness screening program (which is part of supplementary programs Special Olympics called Healthy Athlete) was used.

Results: The main finding was decreased athletes' flexibility. When testing muscle strength and athletes' balance, results of majority of the subjects were in a "wide" normal values. Physical activity level in most of the subjects is low and does not fulfill current healthy lifestyle recommendations.

Keywords: Intellectual disability, fitness, sport, FUNfitness test