

## **ABSTRACT**

Rigorous work deals with the importance of physical activities as a part of rigorous regiments of therapeutic communities. Thesis with the empirical- qualitative research character has the ambition of trying to offer the benefits of therapy by movement and sport through the eyes of clients. The processes of finding individual boundaries and physical limits, self-motivation, interaction, and the influence of group dynamics on their own physical performance depend on the progress of the client's convalescence, throughout the stabilization of his mental and physical health at the time of abstinence. Long-term use of addictive substances has a key effect on the physical fitness of users, frequent (and often not non-complicated) psychomotor and somatic comorbidity play a big role in finding and finding their own physical and mental limits. Research part of the thesis is conceived as a serie of case studies and one focus group with clients in particular therapeutic community for drug abusers. Research data was collected through semi-structured interviews, during the interview also situation curve was created by each respondent and following inquiry was performed. The research team consisted of 6 clients. The focus group was realized with complete staff of the therapeutic community. All – clients find movement and sports activities as an important part of their own convalescence process. It is probable that the resulting effect of movement and sports activities on drug addicts can partially substitute the neuro-biochemical effect of substance abuse, the physical activity suppresses craving to a certain extent, objectively helps to prevent relapse in use. Although the sport and moving activities performance in therapeutic community has it's undeniable limits, it offers an effective algorithm to stop both the harmful use / addiction phenomenon and use the movement activities as one from therapeutically effective interventions.

**Keywords:** moving therapy – addiction treatment – therapeutic community – craving – relaps – case study