

## **Abstract**

**Title:** Applying the DRUMS ALIVE program (drumming to gymnastic balls) for people after spinal cord injury

**Objectives:** The aim of this thesis was to prepare and apply an exercise unit of the fitness program Drums Alive which would be adapted for individuals with spinal cord injury. Another aim was to find out individual reactions of the participants on the exercise.

**Methods:** Exercise unit was applied in 2 women and 3 men (age 40-60 years). A questionnaire, observation and interview were used to assess clients' reactions on exercise and perceived benefit of the lesson on physical and psychological well-being. The benefits were viewed from the point of participants, instructor and sport therapist.

**Results:** According to results we may suppose that exercise strengthen and release muscles and joints. It is pleasant and entertaining. It can serve as a mean of comprehensive rehabilitation and recondition.

**Keywords:** DRUMS ALIVE, drumming, fitness, paraplegia, quadruplegia