

ABSTRACT

- Title:** Motivation of pregnant women to physical activities in the aquatic environment
- Subtitle:** Physical activity in pregnancy
- Goals:** The purpose of this thesis is to examine motivational aspects of physical activities in aquatic environment regarding pregnant women – the reasons why they opt to try aqua fitness, their expectations, the influence of exercise on their health, their physical fitness and mental well-being.
- Methods:** Practical part of the thesis was conducted by quantitative survey. Method of standardized questionnaire was used to obtain data. The questionnaire contained 18 questions – the answering was completely anonymous. The survey reached 43 pregnant women: it took place at swimming centres in Prague and Beroun. Data obtained from the survey was recorded in the tables and shown in the charts. The resulting data from the questionnaire was processed by SPSS 21 and MS Excel using the Pearson correlation coefficient.
- Results:** The main reason for pregnant women to do aqua fitness is to maintain a general physical fitness. Pregnant women do not state health reasons as an incentive to start exercising in aquatic environment. Swimming and aqua fitness is also chosen with a respect to positive development of the child fetus and keeping mental well-being.
- Key words:** Pregnancy, motivation, physical activity, aqua fitness, aquatic, environment