

## **Abstract**

- Title:** Physical activities of persons with cerebral palsy
- Main Goal:** To assess whether selected probands with severe physical disabilities due to cerebral palsy can take active part in selected sporting activities.
- Objectives:**
- 1) To characterize selected probands with cerebral palsy.
  - 2) To procure special equipment for selected sporting activities.
  - 3) To assess the possibilities of active participation of probands suffering from spastic diparesis and spastic quadriplegia forms of cerebral palsy.
  - 4) To design instruction methods for selected sporting activities.
- Method:** This bachelor thesis is an empirical-theoretical one. It exploits the method of direct observation of sporting activities carried out by students with physical disabilities.
- Results:** In this bachelor thesis, we have verified, based on the theoretical and subsequent practical instruction of several sporting activities, such as canoeing, skiing and sailing, that there are specific differences between individual persons suffering from spastic diparesis and spastic quadriplegia forms of cerebral palsy, depending on the severity and extent of their disabilities. The factors limiting their ability to learn and take part in sporting activities consist predominantly in orthopedic impairments affecting upper limbs, together with sensory and perception disorders.
- Keywords:** physical disabilities, spastic quadriplegia, spastic diparesis, physical activities, canoeing, skiing, sailing, cerebral palsy