Abstract:

Title: Conductive training in individuals after spinal lesions

Objectives: The aim of the bachelor thesis is the positive influence of fitness training plan for people with sleep lesions to improve their physical condition. The secondary aim is to examine the subjective attitudes of probands to the conditional program, according to Feldenkreis's satisfaction questionnaire supplemented with a written probanda assessment.

Methods: In the framework of a quantitative and qualitative research, 4 probands were monitored in the form of case studies after a spinal lesion participating in a reconditioning stay at the Paraple Center. The average proband age was 45 years. In probands an initial examination was performed and a monthly training session with an instructor was carried out. To evaluate the effect, the following methods were used: observation, bodystat assessment by Bodystat and assessment of physical fitness on a rowing and cross-country trainer.

Results: All proband monitors achieved a slight improvement in bodystat scores evaluated by the Bodystat instrument: decreasing body fat in percent and increasing the proportion of active body mass. These results confirmed physical fitness improvements with measured times on trainers.

Conclusion: Monthly fitness training for 4 individuals with spinal cord injury helped improve physical fitness. After monthly intervention, all predetermined hypotheses were confirmed.

Key words: Physical condition, exercise unit, physical activity, Bodystat, strengthening, spinal cord injury, spinal cord injury.