

## **Abstract**

**Topic:** Possibilities of creating an intervention fitness programme for an individual with cardiovascular limitation

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**Methodology:** According to the goal of the thesis we chose these methods of the project: Using the comparative method I was comparing four three-month training periods consisting of 36 sixty-minute sessions under the control of personal trainer. Using the comparative method I was comparing in particular intensity and structure of each training session; this method showed us general fitness of the intentionally chosen human being. Using the pedagogical methods, such as interview and observing, I was monitoring immediate response of the organism to the training process. According to the scale I was also monitoring general well-being of the client. Every three months I tested general fitness of the client and thanks to the Cooper test in specific environment, such as a vertical bike, I compared cardiovascular abilities and changes.

**Results:** According to the descriptive study monitoring integration of the cardiac into the regular physical activity, we found out how important the physical activity was for the observed person. Comparing entry and check out tests results clearly showed 70meters difference in the Cooper test. The person lost five kilograms. At the beginning, for a while the fitness training was at the beginner's level. It was in the form of basic exercises in one set. After one year, in the end of the training period, the fitness training had a character of a circuit training with active rests among sets. Unfortunately, such great results were not reached in flexibility. On the other hand, the physician was very positive in heart changes. Furthermore, improvement in psychological fitness can also be observed according to the progress in physical fitness and connected absence in smoking.

**Conclusions:** Physical activity of the observed cardiac is very important in both physical and psychological way. Thanks to regularity and optimal amount of training sessions (three times per week) the desired results were quickly reached: weight loss and improvement of cardiovascular system. After one year the client was back in the ordinary life. It is important to say that even in such an age among his physical activities also belong downhill skiing, biking or rollerblading.

**Key words:** Cardiac infraction, cardiac, Cooper test, fitness training