

## **Abstract in English**

**The title of the diploma thesis:** Conditions for psychical training and sport of the convicted women in the Prison Světlá nad Sázavou

**Goal of the thesis:** the goal was to describe, document and evaluate conditions for sport programs in the women Prison Světlá nad Sázavou. And further to find out the overall participation of the convicted women in sport programs offered by prison and to describe their motive – power level. In conclusion I compared their outcomes with outcomes of civil population of women.

**Method of the thesis:** Finding out of the conditions for physical training and sport was done by questionnaire method among 91 convicted women. The motive – power level was tested on 80 convicted in accordance with standardized test called UNIFITTEST. The women under the test were divided into four groups; in each one were about 20 women. And their outcomes were compared with civil population of women.

**Outcomes of the thesis:** Outcomes of the motive – power tests illustrate that all groups of the convicted women under test achieve in average lower outcomes than civil inhabitants. Generally two thirds of the convicted in this prison do the sport. The most popular sport program is activity called sport activities. The conditions for sport in prison are evaluated as sufficient.

**Key words:** sport, women, prison, treatment program, motive – power level of convicted women, condition in prison,