

ABSTRACT

Title:

Balance-related exercise as a preparation to cross-country skiing practice in visually impaired children.

Objectives of the Thesis:

The goal of this thesis is to test the possibility of implementation of selected balance-related exercise in visually impaired children.

Method:

The testing pool consisted of six pupils attending the Special school for Visually Impaired Children between 14 and 15 years of age. Over the period of ten weeks, selected exercise geared towards the cross-country skiing was practiced with these students. The research method applied to measure students' indicators of balance before and after the exercise was an assessment of standing stability at the Footscan pressure table, as well as a walking test in terrain with blinded eyes.

Results and Conclusions:

This research has indicated the possibility of physical intervention in form of balance-related practice as part of the preparation before the cross-country skiing season begins. It has proven that selected balance-related exercise can be applied with no limitations during the physical education classes for visually impaired pupils. After the physical intervention, the majority of tested individuals showed improvements in their indicators of dynamic balance, as proved by the walking test in terrain with blinded eyes. This research has not proved the positive impact of ten weeks of exercise over the standing stability parameters of tested students.

Keywords:

visual impairment, balance-related exercise, the cross-country skiing, the standing stability, Footscan.