

ABSTRACT

Title (Thema works): Options sports activities of clients with mental retardation in nursing homes for people with disabilities.

Objective: Observations (monitoring) sports activities that grab clients with mental retardation and multiple disabilities selected homes for person with disabilities belonging to the Social services Uherské Hradiště. Or, suggest lack of appropriate sporting activities.

Methods: Investigation as needed for thesis took 22 clients to Bělínka Kunovice DZP, DZP Medlovice 10 clients and 32 clients DZP Velehrad. Clients were chosen deliberately, with the selection criterion was mild to moderate degree of MR and willingness to cooperate.

To determine the necessary data and information I used structured interviews and participating observation.

Results: I managed to find out what sports activities are dedicated to clients with mental retardation and multiple disabilities in three selected homes for persons with disabilities belonging to the Social services Uherské Hradiště. I suggested movement activities that are missing here (ball game, boccia, hanging skittle alley, athletics, swimming, skiing).

Key words: mental retardation, combined disability, sport activity, a home for people with disabilities, institutional care.