

Bachelor thesis: „The importance of movement for visually impaired adults in the Czech Republic“ presents sport activities suitable for the visually impaired. We also try to emphasize locomotive faculties and skills applicable to ordinary life. Our main age group includes people from 20 to 40 years of age. Mainly we are looking for possibilities that sport may open to these people. We are dividing the main part of the bachelor thesis into three chapters. The influence of this handicap mirrored into personal lives is described in the first of these. The Second chapter explains typical problems connected with sport of the visually handicapped. This subhead also presents special activities suitable for the visually impaired. Finally, the last chapter tries to sort out the information about the sport activities for the disabled people according to the proposed criteria and it also attempts to emphasize the skills applicable to.