

The subject of the diploma thesis concerns the integration of mentally handicapped individuals into the group of standard population in the course of preparatory training of swimming. The aim of the thesis is the evaluation and charting of the problem of the Down syndrome and on the basis of the results the proposal and verification of the conception of integration of the handicapped person.

The theoretical part of the diploma thesis is based upon the characteristics of the specific traits of mentally handicapped individuals, it explains the terms of the Down syndrome, it explains the integration of mentally handicapped individuals, and it informs about the swimming as a means of integration into the society.

The practical part of the diploma thesis described the course of the research work, it characterizes the studied group of individuals, it includes the results of testing (Štochl, 2002) and it registers the acquiring of the respective aptitudes. The results are evaluated by verbal description as well as by the form of graphs. The practical part includes also the preparation of the conception of social integration of mentally handicapped individuals, which has been prepared on the basis of analysis of specialized literature and on the basis of practical and theoretical experience. The conception includes individual proposals and the application proper.

The discussion explains and evaluates the results achieved by the socially integrated individual during the research. In the concluding part of the thesis there is described the comparison between the results of research work and the working hypotheses.