

Abstract

The thesis deals with a swimming training of asthmatic children and its impact on this disease. The work is divided into two parts. In the theoretical part the focus is on the description of the bronchial asthma, causes of it as well as on the symptoms, diagnosis and treatment. Furthermore, the importance of swimming for asthmatic children and how the water environment affects their health impairments are measured. The practical part is focused on swimming training of children who have been diagnosed with asthma. Various physiological parameters of children are being monitored during the training. These parameters include the frequency of breathing, heart rate, frequency of asthma attacks during swimming lessons from the first one to the last one. The last measured parameter is the improvement or worsening of the conditions of swimmers (number of meters swum depending on time) – asthmatics, dependent on the swimming training.

Keywords

bronchial asthma, children diagnosed with asthma, spirometry, swimming, swimming training