

Abstract

Title: Barriers effecting the physical activity of visually impaired youth

Objectives: The main aim of the bachelor's thesis was to find out what barriers visually impaired youth aged 7 – 18 perceive during physical activity.

Methods: The main scientific method was quantitative research, in which the Czech translated PABS-VI. Questionnaire was used. A total of 26 people with visual impairments \bar{X} 12,5 (\pm 3,2 years) participated in the research. Data collection took place between December 2020 and February 2021. The obtained data were edited and evaluated in Microsoft Office Excel.

Results: In conclusion, there is no such difference between Czech visually impaired youth around 7-18 and foreign children. This study aimed to identify the main barriers, including insufficient family support and disinterest in sports activities based on the undertaken research. Crucial and more often mentioned barrier is the lack of information on sports activity possibilities around the residence or places where it is possible to exercise with visual impairment. As an outcome of our work, we find that visually impaired youth between the ages of 7-18 and different nationalities can sense the same amount of barriers that make sports activity more difficult.

Keywords: visual function, visual impairments, APA, PABS - VI