

Abstract

Title: The impact of physical activity on the quality of life of persons serving a term of imprisonment

Aims: The main aim of this thesis is to detect, if the health-oriented fitness and the level of quality of life of persons serving a term of imprisonment increases after ten weeks of a regular exercise. Another aim is to find out, if the results of the observed aspects of persons who did take part in the exercise programme will be much different from those who did not.

Methods: This is an empiric-theoretical research thesis. Four ensembles took part in this quantitative research. The ensembles I. (N=5) and II. (N=7) filled out a self-designed questionnaire about quality of life and were tested for health-oriented fitness with the Fitnessgram test battery. The partial motor tests evaluate endurance, muscle strength and flexibility. This measurement was hold before and after a ten weeks long organized exercise program. The ensembles III. (N=15) and IV. (N=15) only filled out the questionnaire of quality of life twice, in the same period as the ensembles I. and II.

Results: The results showed a positive impact of regular physical activity on the physical condition of the participants, because most of them improved their health-oriented fitness. Alongside the higher value of the quality of life in all its fields was recorded by the participants of the sports program. On the contrary the quality of life of the ensembles III. and IV. manifested either decrease or stagnation of the value. Therefore, we can evaluate the effect of regular physical activity on the quality of life positively.

Key words: penology, criminalistics, imprisonment, custodial sentence, physical activity, fitness