

## **Abstract**

**Title:** Rowing to improve physical fitness in the blind

**Objectives:** To investigate the effect of rowing training on physical fitness of blind persons and descriptions of a blind rower.

**Methods:** Three probands, men aged 30-50 years, were selected for the research. To collect empirical measurement data, a set of EUROFIT-TEST battery tests and times recorded over 2 km on a rowing trainer were used, these data were provided by the rowing club Paprsek from Ústí nad Labem.

**Results:** During the two-month rowing training, an improvement in the physical fitness of the blind rowers was noted. Testing using the EUROFIT-TEST battery and times recorded over a 2 km distance on the rowing machine showed that, with one exception, there is a correlation between these results.

**Conclusion:** Rowing training can positively affect the physical fitness of blind rowers, and the correlation of these positive changes is also reflected in the times measured on the rowing machine (2 km distance). There is also a positive influence in terms of somatic changes.

**Keywords:** blindness, rowing training, changes in physical fitness, prevention, test battery