

## **Abstract**

**Title:** The rate of physical activity of people with spinal cord lesions.

**Objectives:** The aim of the research was to verify the usability of a non-standardized questionnaire for collecting data on the level of physical activity and other selected lifestyle factors in people with spinal cord injury.

**Methods:** Quantitative research was carried out in the field environment of Centrum Paraple. It was an observational study consisting of a pilot survey of a sample of the population of people with spinal cord injury about the level of physical activity. We used a non-standardized electronic questionnaire "LTPA-SCI" („Leisure time physical activity for people with spinal cord injury “), created by spinal specialists of Centrum Paraple. A total of  $n = 66$  respondents participated in the study (male  $n = 53$ ; female  $n = 13$ ). The sampling was random. The criteria for inclusion in the study were a minimum age limit of 18 years, a diagnosis of spinal cord lesions with complete and incomplete spinal cord damage and participation in a three-week movement program at Centrum Paraple. The data were processed using descriptive statistics in Excel program.

**Results:** A sample of respondents to this survey shows that Centrum Paraple's clients perform more physical activity in their home environment, a total of 86%. The age distribution of the results in the research showed that the most active individuals are people aged 61 years and over. The motor level of spinal cord damage divides the proportion of active respondents into 91% of individuals with incomplete spinal cord lesions and 80% of individuals with complete spinal cord lesions. The research method of the non-standardized pilot survey has not been verified in practice according to the principles of professional literature and on the basis of the results of hypotheses.

**Keywords:** complete/incomplete lesions, spinal cord damage (SCI), physical activity, health, motivation