

Abstract

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Title: Strength training in patients with cardiovascular disease from the perspective of physiotherapy students and physiotherapists of the Czech Republic

Objectives: The aim of this diploma thesis is to evaluate the relationship of physiotherapy students/physiotherapists in the Czech Republic to strength/resistance training and to evaluate their relationship to the use of this training in cardiac patients.

Methods: A non-standardized questionnaire was created for data collection. 497 physiotherapists and physiotherapy students participated in the research. The questionnaire was created and then sent out using Google Forms, the results were then evaluated in Microsoft Excel.

Results: The results showed that up to 90 % (n = 449) of the research sample (n = 497) of physiotherapists and physiotherapy students in the Czech Republic do not think that there was enough time spent by topic of strength training during their studies. Over 86 % (n = 432) consider strength training for cardiovascular patients to be beneficial, and 76 % (n = 378) consider it as an integral part of the rehabilitation process for these patients. However, it turns out that almost 78 % (n = 387) are not sure of their knowledge when designing strength training for patients with cardiovascular disease.

Keywords: strength training, resistance training, cardiovascular disease, cardiac rehabilitation, physiotherapists, physiotherapy students