

Abstract

This bachelor's thesis is dedicated to mapping out physical activities for people with mild disabilities after stroke and their positive effects.

At the beginning of the work is described generally stroke, its distribution and aetiology. It also depicts the main areas affected and the associated deficits and factors. The next chapter of this general section is also devoted to the ever lower age average of people with CMP formation. Because of the Covid-19 epidemic, several sentences also mention the issue.

Subsequently, the Bachelor's thesis is already starting to focus on the topic of CMP-related activity in its acute, subacute and chronic phase. An early rehabilitation plan for patients after CMP as well as follow-up recommendations for the chronic phase of the disease is briefly described.

Based on specific studies examples of sports and exercise activities are written, which can be a beneficial addition to both the rehabilitation and post-rehabilitation process. Each activity has her own meaning and brings different benefits, whether of a physical, psychosocial or mental nature.

Great importance is also given to strength training and its effect on the human body. Strength aspects and strengthening are on the back side in people who had stroke. With higher strength and muscle endurance, the body's motor function can be greatly improved both in normal daily activities and in specific sport activities. After that, exercises suitable for fitness centres and gyms are described. According to different form and severity of the disability, modifications are also made to these exercises, which use all fitness centre equipment including weights, pulleys, levers and other types of devices or resistance rubber. All selected exercises are accompanied by self-produced photographs. There are also created two specific variations of strength training.

Keywords: Stroke, Sport activities, Sports, Strength training