

Abstract

The subject of this bachelor thesis is physical activity during pregnancy. The main goal of the thesis is to evaluate the influence of education on women's attitude towards physical activity during pregnancy. Furthermore, we evaluate the effect of place of residence on the level of activity and the effect of activity on weight gain during pregnancy. The work is structured into two parts, theoretical and practical. The theoretical part provides an overview of bodily changes during pregnancy and describes a wide range of potential physical activities performed by pregnant women, including their benefits and risks. Finally, in the theoretical part, we deal with myths associated with physical activity during pregnancy and their refutation. The research part is based on data collection using online questionnaires distributed through websites for pregnant and postpartum women. A descriptive analysis of the collected data was first performed, then we assessed the level of physical activity, its preferred types, the importance that women attach to physical activity during pregnancy, the acceptability of individual activities, the influence of age and residence on the choice and amount of activity performed, the approach to weight regulation increase and its influence on the amount of activity performed. The research sample consisted of 188 women who were pregnant or postpartum. Research has shown that the level of education achieved has a positive effect on the attitude towards exercise during pregnancy. He further assessed that the most physically active are women living in villages, that most women did not exercise during pregnancy due to weight control, and that the most preferred type of physical activity was walking, especially in older age categories of respondents.

Key words

pregnancy, physical activity, exercise, recommendation