

Abstract

Cystic fibrosis belongs to the most common fatal genetic diseases of Caucasians. The treatment of cystic fibrosis symptoms is a complex system and its integral parts are methods of respiratory physiotherapy. Therapeutic approach helps clients to live even more than 40 years at the present time. Clients living with chronic diseases were discouraged from physical load in the past. But now, we know these patients benefit from regular physical activity.

This thesis is divided into 2 parts - theoretic and practical. Theoretic research summarizes possibilities of testing the children patients with cystic fibrosis in relation to physical condition and also contains the latest information about already studied training programmes of this specific group. Practical part of this thesis is consist of a young client case study, suffering from the cystic fibrosis. This client underwent a physical examination and implemented designed 10- weeks training program thereafter.