

Abstract

Title: Possibilities of physical and sports activities for patients with asthma and their influence on the medical condition

Objectives: The aim of the thesis is to discover the level of active lifestyle of asthmatic patients and their participation on physical activity and sport. Another aim is to find out whether asthmatic patients are limited in physical activity or sport because of the medical condition and how the physically active lifestyle influences the medical condition and whether it takes part on improving quality of life.

Methods: A survey was used for data collection. A questionnaire was distributed to people working with asthmatic patients, to sports club and university students. The research group consists of 125 respondents. The obtained data was processed into tables and charts via Microsoft Office Word 2016, Microsoft Office Excel 2016 and SPSS program. A verification of hypotheses was carried out according to the results of the survey and the independence test - chi-squared test. Research results are in the form of tables and graphs summarized at the end of the thesis. The results were compared to the resources dealing with the topic to verify if the hypothesis was true or not.

Results: According to the chosen data processing methods, the limitation of asthmatic patients in physical activity or sports was not confirmed. The positive effect of regular physical activity on reducing clinical manifestations of the asthma, reducing medication doses and also on improving the quality of life of patients has been confirmed. Physical therapy has proven to be effective, but more emphasis is needed on educating asthmatics by healthcare professionals about this treatment method.

Keywords: bronchial asthma, physical therapy, physical load, asthma and sport, survey