

## **Abstract**

**Title:** Set of preparatory exercises for freestyle snowboarding and their application for athletes with visual impairments

### **Objective:**

The main aim of this bachelor thesis is to create a set of preparatory exercises for freestyle snowboarding focused on training and improving technique. Additionally, to develop modifications of these exercises for individuals with visual impairments, enabling them to actively participate and enhance their skills in freestyle snowboarding.

### **Methods:**

The methodology involved thorough literature review and in-depth interviews with four freestyle snowboarding coaches from the Czech Republic. The interviews provided qualitative data on current trends, training methodologies, and strategies. The gathered information was analyzed and coded, resulting in the creation of a set of preparatory exercises for beginners and slightly advanced individuals, taking into account the needs of those with visual impairments.

### **Results:**

The results of my work revealed deficiencies in the literature on snowboarding in the Czech Republic, especially in the area of methodology for practicing freestyle tricks and training methods. I have developed specific exercises along with modifications for individuals with visual impairments, which will serve as a methodological guide for basic freestyle tricks. These exercises are designed to facilitate more efficient training in freestyle snowboarding.

**Keywords:** snowboarding, freestyle tricks, adaptive snowboarding, individuals with specific needs, modifications