

Abstract

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Title: Methodology of Aerobics for People with Visual Impairment

Objective: The objective of this thesis is to construct a simple and effective didactic approach for an aerobics choreography suited for people with visual impairment. Minor objective is to teach the choreography to the participants in a way to ensure they can exercise independently.

Methods: To reach the objectives of the theoretically-empirical thesis a combination of observation and interviews was used.

Results: The most efficient way to teach a choreography to people with visual impairment is the instructional teaching method complimented by tactile and kinetic methods.

Key words: exercise, blindness, lesson, handicap, aerobic activity,