

Abstract

Title of the Bachelor's Thesis: Comparison of Physical Fitness in 8th Grade Primary School Pupils Attending Sports and Regular Classes

Author: Adéla Vélová

Thesis supervisor: PhDr. Aleš Kaplan, Ph.D.

Aim of the Thesis: The aim of my thesis is to determine the physical fitness of pupils attending a sports class aimed at athletics and pupils attending a regular class with standard physical education. I concentrate on pupils in 8th grade of primary school (ages 13 to 14). The thesis compares data with the results obtained in a sports class at a different primary school 25 years ago.

Methodology: The main method involves practical testing of pupils by UNIFITTEST (6-60) test battery composed of various motor tests. For the purpose of my Bachelor's thesis, I chose four motor tests – standing broad jump, repeated sit-ups in 60 seconds, 12-minute run and a 4x10m shuttle run. All the measured data are compared with UNIFITTEST standards for individual age categories. The thesis also contains a short questionnaire survey identifying the pupils' opinion on physical activity.

Results: The pupils attending the sports class achieved better results in all four motor tests than the pupils going to the regular class. The pupils in the sports class mostly achieved above-average results; their worst ranking was average. On the other hand, the pupils in the regular class achieved below-average or even significantly below-average results. There were also some average performances. During the second comparison, there was a small issue with one of the tests (repeated sit-ups) because the test period was not the same as my measurement. Therefore it was not possible to compare the data precisely.

Keywords: testing, athletics, pupils, girls, boys, sports class, regular class, motor tests, UNIFITTEST, broad jump, sit-up, shuttle run, 12-minute run