

## **ABSTRACT**

The thesis focuses on the topic of awareness of the secondary vocational school female students about suitable physical activities before and during the pregnancy and maternity period. The thesis is composed of theoretical and practical research part. The aim is to determine the level of the students' knowledge and general awareness of the possible physical activities during pregnancy and postpartum, to map their readiness for pregnancy and motherhood, and to increase their interest in a overall physical education.

The theoretical part examines the physical activities in general, recommended exercises in pregnancy and postpartum. It describes all pregnancy stages, physiological changes of women during pregnancy and nursing, including appropriate and inappropriate workouts for all the stages. Last but not least, as the subject matter is not pregnant women but girls in a stormy hormonal development, it is necessary to mention the psychological aspects of adolescent girls.

The research part is carried out by a school project in which the author discovers the level of students' knowledge about the given subject matter, applies the physical activities in practice and supplements it with explanation. The purpose of the research is to provide students with factual and practical information on the subject through the school project. A pilot of the project made it possible for the author to know the preconceptions and to make the whole work more efficient. The methods of work that were applied in the project include frontal brainstorming, observation, group discussion and interpretation. The author finds the research positive, not only because of the great engagement and interest of the students during the project but also their positive feedback with inquiries for further information.

**KEYWORDS:** breastfeeding, maternity, physical activity, school project, pregnancy