

ABSTRACT

The thesis called „The opportunities and obstacles of active leisure time from the perspective of the high school students“ deals with the leisure time of selected high school students. The main aim is get information about their possibilities and obstacles in their leisure time.

The theoretical part focuses on the themes leisure time and the development period of adolescence across chapters. That part does not miss the related theme of motivation, lifestyle and technology in leisure time.

The practical part evaluates the questionnaire survey and examines activities high school students in their free time, and finds out their possibilities and barriers in their leisure time. Finally, I realized an analysis of leisure institutions and created an online map of leisure institutions where students can spend their time and be active.

Beneficial for pedagogical practice are results of the survey which provide feedback for the school, but also for pedagogical practice in high school in general.