

Abstract

Title: The level of sporting physical activity during the week in junior categories of football players

Purpose: The purpose of the research was to determine the level of sporting physical activity in the weekly routine of the teams AC Sparta Prague U-14 and FC Tempo U-15. Another purpose was to evaluate the level of the sporting physical activity in relation to selected health recommendations on physical activity.

Methods: In this bachelor's thesis an online system Indares was used for the acquirement data of respondents. Acquirement of the data I also used the method of online questionings. Football players participated in the research of AC Sparta Prague U-14 (n = 13; average age = 13, 7; standard deviation = 0, 6) and football players of the team FC Tempo Praha U-15 (n=18; average age=14,7; standard deviation=0,5).

Results: Sporting physical activity with the greatest number of minutes was football. Participants spend 78, 8 % of the sporting physical activities time during the week. They spend 21, 2 % of the time doing other sports. Players of AC Sparta Prague reached higher average daily value of the time spent with sporting physical activities in weekly mode than players of FC Tempo Prague. Average daily value of the time spent with sporting PA was 113, 2 minutes/day for players of AC Sparta Prague, for players of FC Tempo Prague was 70, 2 minutes daily. AC Sparta Prague players reached the value 4813, 2 MET-minutes/week as FC Tempo Prague players reached the value 2880, 6 MET-minutes/week. With this level of value both teams fulfilled the ACSM health recommendation. Average daily energetic expenditure reached by AC Sparta Prague's players 12, 6 kcal/kg/day, by FC Tempo Prague's players 6, 7 kcal/kg/day.

Key words: Indares, physical activity, football, youth