

Abstract

Name of the thesis: Testing of motor performance of high school students in Kadaň and their relationship to physical activities

Objectives of the thesis: The objective of the thesis is to analyze the level of basic motor performance of high school students in Kadaň and find out their relationship to physical activities

Method: This thesis is processed in the form of empirical quantitative research. The research is realized in the type of environment where is possible to eliminate influences of external environment, that is in a gym. The research subject were students of two chosen high schools, both male and female. Of the total number of 232 students, 143 were female and 89 male aged 15-17. To find out the level of motor performance of the students the test battery UNIFITTEST (6-60) was used. To gather information about the relationship of students to physical activities and competitiveness, a short poll of eight items was made. These were focused on the gathering of basic anamnestic data like name and surname, date of birth, the name of the school they attend to and grade in physical education. Furthermore, it was important to find out if and how often the student takes part in physical activity in his or her free time. Specifically, these questions were divided into involvement of a student in a physical education organization or sports club at school. With this, we were also interested in the type of sports activities most frequently done in the free time, outside the physical education organization and sports club. At the end of the poll, the students were supposed to express their relationship to physical activity and competitiveness by choosing one of the options.

Results: The measurement of the motor performance using test battery UNIFITTEST (6-60) shown comparable results with the average of general population. This confirmed the hypothesis number 1. The hypothesis number 1 assumed, that high school students will, when tested, achieve the average results in relation to standards of general population. The hypothesis number 2, which assumed that students with positive relationship to physical activities will show higher motor performance than students with negative relationship to physical activities, was also confirmed. One of another findings was that competitiveness of individuals

has positive effect on motor performance which also verified the last, third hypothesis. The verification of hypothesis number 1 and 2 was possible on the basis of data comparison, when the data were gathered using the poll and testing using the test battery UNIFITTEST (6-60). Finally, it is possible to state that, all predetermined hypotheses were verified.

Keywords: Health, non-infectious chronic disease, lifestyle, exercise, physical activity, physical fitness, motorics, motor skills, motor performance