

Abstract

Title: Physical activity and sports history of children 11 to 19 years old

Objectives: To analyse the level of leisure physical activity and its specifics on a sample of the adolescent population. To analyse the activity development from the historical perspective of the proband from the initial experience with organized physical activity. The results of the survey are further compared with the conclusions of previous studies on the issue.

Methods: A total of 563 respondents (235 boys and 328 girls) from Prague's Gymnasiums (secondary grammar schools) took part in the research. Data were obtained using a questionnaire survey (CAWI) based on preliminary research and evaluated using MS Excel, GraphPad Prism and mathematical software R.

Results: The preference of single sport (63.8 %) was found in the examined population with a predominance of the frequency of 2 to 4 trainings per week (61.2 %). The vast majority (93.6 %) stated that they were participated fundamental movement training at a younger school age. More than half (61 %) experienced pain or injury within physical activity, especially in the lower limbs (61.9 %). Less than half of respondents (46.3 %) have already visited a physiotherapist. The main factor in the cessation of physical activity is psychosocial reasons (76.9 %). Increasing age has not been shown as a factor reducing the physical activity of children, on the contrary, the frequency of activity increases with older age ($p = 0.02$). There was no significant dependence of the current activity on the completion of fundamental movement training ($p = 0.08$), nor was the confirmation of a general trend of higher activity of boys compared to girls ($p = 0.64$).

Keywords: physical activity, adolescence, fundamental movement training, injury, pain