

Abstract

The diploma thesis deals with the analysis of physical activity levels in younger and older school-age children.

The theoretical part of the thesis is devoted to defining the concept of physical activity and other basic concepts related to it. It deals in more detail with the importance of physical activity for human health and proper development. It mentions the danger of physical inactivity and summarises the current valid knowledge regarding the recommended amount of physical activity. The theoretical part also contains the definition of the school-age period and characterises its specifics, regarding the content of thesis, especially in the field of physical development, which occurs in the younger and older school-age period. Important determinants affecting the state of physical activity are also discussed.

The research part of the thesis then focuses on monitoring and subsequent analysis and comparison of the level of exercise in younger and older school-age children in a selected primary school. The research sample, methods used, and survey procedure are described. The obtained data is analysed and summarised in the results used to determine the level of physical activity in children in the given age groups and its comparison with health-oriented recommendations and among themselves.

KEYWORDS:

movement, physical activity, inactivity, younger school age, older school age, society, health