

## **Abstract**

### **Title: Barriers of hypokinetic adolescents to active lifestyle**

The dissertation addresses the issue of physical activity among adolescents studying at secondary vocational schools. It focuses on those students who do not meet the minimum recommended number of steps per day, i.e. inactive students. The aim of the study was to clarify the reasons which prevent them from adopting a more active lifestyle. To better understand student responses, we also examined the relationship to school physical education as a school subject that has the potential to positively influence the physical activity habits of youth. Research was carried out on a group of students 15-16 years old at secondary vocational schools (two in Prague, one in the Moravian-Silesian Region). A total of 315 students were studied. A standardized questionnaire was used to obtain information about student opinions on physical education. Sigma Activo fitness bracelets were used to monitor amount of physical activity, and a semi-structured interview was used to determine specific barriers to physical activity.

According to our results, 29.5 % of students are inactive, more frequently boys. Overall, these students have a favorable view of physical education. Although the majority are satisfied with PE class, they have problems with certain activities they dislike and which evoke a sense of dread (most often gymnastics). On the other hand, they would welcome more strength training, volleyball, football (boys) and exercise to music (girls). A standardized questionnaire determined that attitudes towards physical education are statistically more dependent on gender than general level of physical activity. Even though it is well liked, PE class does not often motivate adolescents to engage in physical activity in their free time. Physical activity tends to be motivated by the desire to improve physical appearance, as well as by people who engage in sports with inactive adolescents (friends, family, sports teams).