

ABSTRACT

This thesis is about drinking regime and physical activity of university students in a selected locality. It is divided into two main parts, a theoretical part and a practical part. The theoretical part contains basic concepts associated with lifestyle, offers a broad overview of soft and alcoholic beverages. It defines the life stage that characterizes university students and describes their selected sports activities. The practical part contains the processing and analysis of collected data using a questionnaire survey, interpretation and evaluation of results. For data collection was used research technique of a non-standardized questionnaire in online form. The questionnaire includes both closed questions that offer a specific number of possible answers and open questions that do not provide any prepared answers. The questions relate to external phenomena as well as to internal phenomena (attitudes, feelings, etc.). The collected data are shown in graphs or tables and compared between certain faculties, level of education and on the basis of gender aspects. The aim of the work is to map the observance of the drinking regime, to find out the popularity of individual drinks and their consumption, and to examine physical activity on a sample of university youth or to reveal possible gender differences or differences between certain faculties. The overall results showed that most university students focus on sports activities and their physical activity is sufficient. With the drinking regime, it was also found that the vast majority of university students choose suitable beverages for consumption and drink enough water. The conclusion of the thesis contains several tips and recommendations for improving the lifestyle related to drinking regime and physical activity.