

Abstract

Title: Influence of the educational project of Applied physical activities on the attitudes of high school students

Objectives: The aim of my bachelor's thesis was to find out the attitudes of the third year students, potential future teachers, at the pedagogical high school, to people with physical disabilities, and to shift their views after completing the online intervention. It was an educational program of applied physical activities for 2 classes with a length of 45 minutes.

Methods: An observational study aimed at comparing the attitudes of intact students towards a pupil with a physical disability before and after the intervention. A quantitative research methodology was chosen for the needs of the research survey. It was an educational program of applied physical activities for 2 classes with a length of 45 minutes. Due to the pandemic situation online form of self-designed questionnaire and Adjective Checklist. 28 students of the Futurum pedagogical lyceum were selected for the research, who underwent an online program of an educational lesson of applied Physical Activities.

Results: From the results of the self-designed questionnaires and the Adjective Checklist, the assumption of a positive change in the approach of intact students to a pupil with a physical disability was confirmed. In the field of physical activities and Paralympic sports, we achieved the biggest positive changes in students' attitudes.

Conclusion: The research pointed out the meaningfulness of the intervention of the educational lesson of applied physical activities within the framework of social and legal education and as a means of supporting integration.

Keywords: APA, physical disability, integration, attitudes