

Abstract

English title: **Towards a better understanding and application of Physical Education and Sport – HIGH HOPES.**

Česky název: **Snaha o lepší porozumění a užití Telesní Výchovy a Sportu – VELKÉ NADĚJE.**

The reality is that Physical Education is mainly focused on competitive and professional level. This understanding is not only harmful for the field of Physical Education, but also for our society as a whole. In this Diploma Thesis I propose a “treatment”, which in my opinion will contribute to the improvement of Physical Education. Despite the fact that our society is competitive, I suggest elimination of contests, rewards and records. Physical Education deserves to be more natural, which means to be playful. Physical Education can contribute to better societies and the only way is to attract people towards it and make them play. If we can somehow change the system of Physical Education a little bit to bring it to the forefront or centre of our lives, then we will be able to talk about “prevention” of problems, which is more effective.

Key-words: Playful Sport • Physical Education • Definitions of Sport • Criticism of contemporary Sport.
