

ABSTRACT

Title: Eating habits of children in sports primary schools

Objectives: The aim of the diploma thesis is to find out and compare the eating habits of selected children from sports and non-sports classes at primary schools with a sports focus.

Methods: In the research part, a survey was chosen, the aim of which was to obtain the necessary information regarding the eating habits of a selected group of students. A total of 208 respondents aged 10-15 participated in the survey.

Results: The obtained average BMI values of all respondents are below the 75th percentile, which indicates the values of optimal and proportional body weight. We found different eating habits between respondents of sports and non-sports classes. Respondents from non-sports classes have worse eating habits than respondents from sports classes. However, surprising differences were evaluated in the possibilities of spending free time. A total of 39.6% of respondents spend time at the weekend at home or in other activities, such as watching television. Of this, 22.6% are respondents from sports classes, which is more than respondents from non-sports classes (17.1%). A total of 60.4% of respondents engage in sports activities in their free time, where respondents from non-sports classes are more represented (31.2%).

Keywords: lifestyle, eating habits, nutrition, physical activity, obesity, childhood