

Abstract

- Title:** Perception of Body schema in children
- Objectives:** The aim of the thesis paper on the Perception of Body schema in children is to study the influence of sex and exercise on the subjective perception of the body in older school age. Furthermore, the influence of sex and regular exercise on the relationship to one's body is also observed.
- Foundation:** The understanding of one's body schema is an important factor of overall wellness and is vital in correctly performing physical activities, or, when distorted, for the timely discernment of possible issues. This makes the insight into adolescent's understanding of body schema important not only with regards to injury or health issue prevention, but also with regards to the massive importance of physical activity in maintaining a person's physical and mental wellbeing.
- Methods:** This paper is a quantitative survey method. A set of 40 respondents, 20 male and 20 female (ages 13–17) were given CMAS, BAT, personal questionnaires and a BSE measurement. The BSE method was used to establish a body schema with regards to physical activity (PA) and sex. The BAT questionnaire was used to establish a body image for each subject and whether there is any connection between body schema, PA, sex and body image.
- Results:** The results show no statistically significant difference between the sexes, nor between the body image (and acceptance thereof) between regularly exercising young adults and those that do not. A significant difference between regular PA subjects and those without regular PA was only found in their arm length appreciation. No other body parts had statistically significantly different BPIs. Significant results were further found in body self-appreciation in the BAT questionnaire. There, the males showed a significantly greater measure of positivity (acceptance) towards their own bodies.
- Conclusion:** The quality of corporeal percipience governs the outlook on physical activity and thus the relationship to physical education, sports, and physical activity in general. This paper shows, that young adult males regarded their bodies positively, better than the rest of the respondents. This confirms the influence of regular exercise (physical activity) on positive body-image and overall wellness.
- Key word:** body image, physical activity, older school age, BAT. CMAS, BSE