

## **Abstract**

**Title:** Environmental influences and the influence of parents' preferences on the development of movements precondition of school-age children

**Objectives:** This bachelor thesis is focused on better description to better describe influence of family environment on motoric growth of children and to reveal connection between parents' preferences and child's movement preconditions. Next goal is to quantify physical activities of both parents and child on weekly basis and asses the relation between child's activities and both parents past and present activities.

**Methods:** For theoretical part we used research of existing studies that include this topic. With an use of surveys we got qualified and quantifies data of motoric abilities of children and parents influence to it. Participants were parents of children between 6 and 15 years of age. This Survey was created in Google Forms and is based on answers considering 43 boys and 28 girls. Respondents were chosen by a snowball method and simple targeting method though institutions. Analysis of collected data was done in Excel program.

**Results:** Based on collected data we can state that movement and nutritional literacy are determined by family habits and example set by parents. We can also say that more physically active parents have more physically active kids and the less are the parents PA, the less are their kids. So exemplary genetics is main factor affecting childs positive relation to physical activity. Survey didn't show dependence of child's current motoric state and state of their parents when they were the same age, no dependence on local environment or time spent in front of a screen.

**Keywords:** Physical activity, children, parents, obesity, lifestyle, consequences