

ABSTRACT

The thesis looks into the health literacy of pupils at Primary school. The main aim of this work is to compare the pupils's health literacy with the computer literacy at chosen Primary school. To find out the level of knowledge, awareness, attitudes and perceptions of pupils in connection with computer and health literacy. Determine the causes of less interest in physical activities and the link between physical activity and health of pupils.

The theoretical part deals with the definition of the basic concepts such as health literacy, computer literacy, healthy living, physical activity, etc... with the help of the specialized literature. This part describes the relationship between the pupil's physical activity, healthy lifestyle and health literacy.

The practical part compares the level of student's knowledge in the field of computer and health literacy. It finds out the pupil's knowledge which are linked to beneficial effect of physical activities on human health, too. In this part questionnaires which are intended for children from the selected primary school and deal with primarily the level of knowledge of medical and computer literacy will be elaborated. Questions are also pointed at physical activities of students in extracurricular activities, their frequency and the motivation for them.

In this work will be given the recommendation to adapt the school curriculum at chosen Primary school, in the subject of health education, which you can use during the pedagogical practice. It's been based on the results of the research and investigation of theoretical knowledge.

KEYWORDS: health literacy, computer literacy, physical activities, school, health promotion