

ABSTRACT

The bachelor thesis deals with the problem of obesity in preschool children and its influence on sports performance. The aim of the thesis was to investigate the relationship between obesity and sports performance in preschool children. Thirty probands participated in the research. For the assessment of obesity, the amount of subcutaneous fat was measured by the method of measuring amount of subcutaneous algae (caliperation). Through selected motor tests, we investigated the level of motor skills in the study group. Sports disciplines were selected to test the fitness of preschool children. We investigated the relationship between the measured amount of subcutaneous fat and performance in motor tests. Based on the results, we can conclude that there was a relationship between the amount of subcutaneous fat and performance in the 60-meter run and shuttle run tests. In the cricket ball throwing and long jump tests, no relationship was found between sports performance and the amount of subcutaneous fat.

KEYWORDS

Overweight, obesity, korrelation, caliper, motor skills test, health-related fitness, preschool child