

ABSTRACT IN ENGLISH

In this diploma thesis we deal with the issue of whether the measures proposed and adopted by the government in connection with the reduction of the spread of Covid-19 have affected the endurance abilities of a selected group of older school-age pupils. We investigated whether the probands had changes in their endurance skills, whether they had improved, stagnated or worsened.

The theoretical part presents endurance skills, fitness, physical activity, and anti-coronavirus restrictions. The theoretical part also deals with how the adopted anti-coronavirus measures have affected the lives of older school-age children, especially the exercise regime. In the second part, we focused on testing students in a selected middle school. For testing, we used a simple method of testing aerobic fitness running at 1000 meters. All pupils of the second grade of the school took part in the measurement. We used second grade pupils of all grades and all classes to measure.

The main goal of the diploma thesis is to find out how the measures taken in connection with the effort to reduce the spread of Covid-19 disease affected the endurance abilities of a selected group of students older school age.

We found that there was a significant deterioration in the observed group of older pupils endurance levels.