

Abstract

Name: Health Profile of Students in Third Year of Bachelor Degree Study Field Physical Education and Sport at UK FTVS

Goals: Analysis of the most common injuries of students in the 3rd and 4th class at the Faculty of Physical Education and Sport. Finding whether these students comply with the principles of a healthy lifestyle. Analysis of changing the amount of physical activity carried out before and during the Pandemic of Covid-19 Viral Disease for these students and determining whether these students were motivated by their sports sections to undergo preventive sports medical examinations at physical education doctors.

Methods: Analysis of the theoretical basis of the studied Czech and foreign literature dealing with the issue of a healthy lifestyle, injuries in sports, sports during a pandemic and preventive sports examinations. We used an online survey form, which contained 43 questions, to expertly verify the research questions. We used verbal commentary and graphs to process the results. The percentages we report on research questions were determined by expert evaluation.

Results: From the results of this work, we found that 52.2 % of respondents were sometimes motivated by their section to undergo a preventive sports examination. Only 7.2 % of respondents comply a healthy lifestyle. We also found that 65.2 % of respondents played sports for 150 minutes or more during the state of emergency in the Czech Republic.

Key words: Healthy Lifestyle, Physical Activity, Preventive Sports Medical Examination, Sports Injuries