

Abstract

Title: Effect of covid measures on children's physical activity and sport

Objectives: The primary objective of this study is to describe the impact of the anti-epidemic measures introduced in the context of the Covid pandemic on physical activity and sport among children aged 11-15 years living in Prague.

Methods: The main method used to meet the objective was an electronic questionnaire based on a search of sources related to the issue. This questionnaire was used to collect primary data, which were then analysed using simple statistical methods and interpreted.

Results: Both negative and positive effects of the Covid pandemic on physical activity and sport in children and adolescents have been identified. Among the negative ones are the observed decrease in the physical condition of individuals and the decline in their interest and activity in the physical activity groups organised by the school and the sports clubs with which they regularly participate in competitions. On the other hand, the positive effects were a rise in interest and activity in clubs with which they do not participate in competitions, as well as physical activities with family and physical activities they do alone or with friends.

Keywords: sport participation; insufficiency of physical activity; barriers to sport practice; adolescents