

Abstract

This thesis is focused on lifestyle and the relationship between lifestyle and the human immune system. The theoretical part is dedicated to the literary research of the immune system, its definition, physiology and anatomy and lifestyle factors, such as nutrition, physical activity, stress and hardening, as well as the definition of the concept of project teaching. Of all the connections between lifestyle and the immune system, this work devotes the most space to nutrition.

The practical part of the work includes the design, implementation and evaluation of project teaching in the scope of four lessons at the 2nd grade of the elementary school in Radonice. I designed the project called "How to support immunity" as a project intended to be implemented within the subjects of the Human and health education area and is included in the 6th grade. It is a year-long project that requires the creation of several working groups. The duration of the project is one teaching day (four teaching hours).

The goal of the project is to connect knowledge of practical principles of life management to support the optimal function of the immune system in everyday life, as well as the development of competencies such as the ability to search, sort and present information and collaborate on a common task. The final product of the project is an educational activity for other students in the form of student presentations and informational posters.

Part of the practical part is an evaluation through a questionnaire survey. The evaluation monitors to what extent the students will be able to formulate recommendations for lifestyle with the aim of strengthening immunity, 8 weeks after completing the project teaching, and how the students subjectively evaluated the course of the project.

Keywords

Immune system, elementary school, project based method, nutrition, physical activity

