

ABSTRACT

The aim of the practical part of this baccalaureat thesis is to find out, if athletic training has and impact on physical ability of athletes at the age of 13, in comparison with the standards set by the Manual for manual and computerized assessment of basic motor performance and selected characteristics of the body structure of youth and adults in the Czech Republic, but also towards pupils who are attending other sport events or do not play any sports at all. The UNIFITTEST test battery was used. It tests children in four disciplines. The collected data were tabulated and then evaluated based on the above objectives. The theoretical part is devoted to the characteristics of physical fitness and its components. It also touches on body composition, obesity and underweight. It characterizes the older school age and brings us closer to the athletics training of this age group.