

Abstract

Název: Difference in the performance of boys in sporting and non-sporting classes in the second stage of primary school.

Objectives: The aim of the thesis is to test, evaluate and compare the level of physical fitness using the FITNESSGRAM test battery and the anthropometric values of a set of sport and non-sport class of boys of the 2nd grade of Dobiášova primary school in Liberec.

Methods: To meet the objectives of the thesis we have chosen a theoretical-empirical work. The scientific method used in our research is a quantitative quasi-experiment method. We used selected exercises from the FITNESSGRAM test battery. The research population consists of 111 boys, 49 from sports and 62 from non-sports classes of the second grade of Dobiášova primary school in Liberec.

Results: The results of the research show that boys in the sports classes achieved on average better results in motor tests. Testing showed the following average results in a given class: Endurance Boat Run (cross-country): 6th grade unsporting (19.5) and sporting (52.8). 7th grade - unsporting (43.3) and sporting (97). 8th grade - unsporting (28.6) and sporting (67.8). 9th grade - unsporting (47.1) and sporting (84.9). Chest flexion in supine position (number): 6th class - unsporting (32.5) and sporting (36.5). 7th class - unsporting (34.2) and sporting (40.8). 8th class - unsporting (37.4) and sporting (37.3). 9th class - unsporting (37.7) and sporting (38.7). Handles (number): 6th grade - unsporting (4.5) and sporting (15.9). 7th grade - unsporting (10.9) and sporting (26.7). 8th grade - unsporting (14.8) and sporting (14.1). 9th grade - unsporting (21.5) and sporting (26.4). Supine tilt (cm): 6th class - unsporting (32.5) and sporting (34.8). 7th class - unsporting (34) and sporting (35.8). 8th class - unsporting (32.5) and sporting (36). 9th class - unsporting (31.2) and sporting (31.9). Sit-to-stand single leg left/right (cm): 6th class - unsporting (8-8) and sporting (14-13). 7th class - unsporting (14.8-14) and sporting (14-14).

8th class - unsporting (12.9-12) and sporting (12-13). 9th class - unsporting (14.7-15.4) and sporting (19-19). The individual best result was recorded 6 times in the non-sporting class. Specifically, 6th class - Lying Chestbends (46), 7th class - Lying Chestbends (49), Lying Prone (40 4x), Sitting Squat Lunge Single Leg left/right (30-31), 8th class - Lying Chestbends (50), Push-ups (50). The sport class had the best result 16 times.

Keywords: fitnessgram; physical fitness; anthropometric values; motoric tests

