

ABSTRACT

Title: Indicators influencing people's active participation in outdoor sports in urban environments in Písek

Aim: The aim of this bachelor thesis was to find out through a survey to what extent the inhabitants of the city of Písek are involved in sports activities in natural urban areas. The thesis focuses on specific sports activities, their frequency, motivations and barriers, and also provides public suggestions for improving the conditions for sports in urban nature.

Method: The research was carried out in the form of a quantitative survey. The survey was developed as part of the international STANDOUT project as part of wider research on outdoor sports in urban green spaces and was consulted with partner universities. The aim of the survey was not only to determine the level of participation of residents in sports activities in the urban greenspace, but also to understand their motivations, barriers and preferences. The data collected from 73 respondents was then processed in Microsoft Excel and the results were presented through tables. The open-ended responses were analyzed using thematic sorting to identify the main suggestions and suggestions of the respondents.

Results: The results showed that 71 % of respondents are active in outdoor sports, with walking, running and cycling being the most common activities. The most used location in Písek is the Písek Forest, followed by cycle paths and sports trails. The majority of respondents play sports individually, with physical health and psychological well-being being the main motivations. The most common barriers are bad weather, seasonality and pollution. The results confirm that residents prefer accessible, low-impact activities and the main factor for choosing a place to exercise is the quality of the natural environment.

Conclusion: The thesis shows that urban natural areas play a key role in promoting a healthy and active lifestyle of the inhabitants of Písek. Residents prefer individual, undemanding forms of exercise in an accessible and high-quality environment, with the most frequent use of the Písek Forest. Although they are mostly satisfied with the offer, they perceive room for improvement – especially in the areas of infrastructure, cleanliness and information. The findings thus provide a useful basis for the development of urban planning and the promotion of sport in natural environments.

KEYWORDS

outdoor activities, green and blue spaces, urban green spaces, recreation and leisure, urban planning

