

## **Abstract**

**Title:** Indicators influencing active participation in outdoor sports in urban environments in Jilemnice.

**Aim:** The aim of this thesis was to identify and analyze the factors that influence the active participation of Jilemnice residents in outdoor sports within urban and blue spaces.

**Methods:** The practical part was conducted using quantitative research in the form of an online survey. The questionnaire included both closed and open-ended questions focused on the types of sports practiced, activity frequency, motivation, barriers and suggestions for improvement. The research sample consisted of 102 inhabitants from Jilemnice and its surroundings.

**Results:** The results showed that 84 % of respondents regularly engage in outdoor physical activity in the city's natural areas. The most frequently mentioned sports were hiking, cycling, running, and cross-country skiing. The most used location was the Hraběnka Multi-sports area. Key motivations included physical and mental health benefits, contact with nature, and good accessibility. The main reported barriers were insufficient social infrastructure, seasonal limitations, and adverse weather conditions.

**Conclusion:** The findings confirm the importance of well-equipped and accessible infrastructure in urban natural environments. The thesis offers recommendations to improve the conditions for practicing outdoor sports in cities and may serve as a basis for further research and the development of strategic measures at the level of local government.

**Keywords:** outdoor activities, green and blue infrastructure, urban nature