

## **ABSTRAKT**

### **Name:**

The motivation to selected outdoor sports.

### **The aim of the work:**

The aim of the study is motivation to selected outdoor sports and it's components. We will try to divide motivational components meaningfully into categories to compare the importance for doing outdoor activities for each individual case of sport. We will continue on study, which was made in Germany (2001) and compare our results. We'll try to interpret potential differences in motivation and it's components between Czech and German part of population in our study. In the end we will focus on what motivates us to outdoor activities.

### **Method:**

In our work we have chosen the method of questionnaire. Results of work were processed in programs – Excel and SPSS

### **Results:**

We have found out, that we are able to define an universal tipe of outdoor sportsman. It's an individual, for whom is important outdoor action with friends, during which he relaxes physically and mentally, at the same time he's looking for activities beneficial to our health, during which he improves his performance. For each individual disciplines of motion acitivities at the nature are important another motivational components. Comparation with other studies proved corespondance in some areas. Interesting is higher rating of motivational components in man part of respondents from Czech republic than respondents from Germany.

### **Key words:**

outdoor sports, motivation, motivational components, flow experience