

Abstract

More and more children are fascinated with idea of perfect slender figure today that brings them over a boundary of health troubles. The causes of this phenomenon are mainly seen in social and psychical factors, but biological causes, which have at least as same or stronger influence on subconscious perception of weight, are usually ignored. The important part of satisfied personality is not only weight but height of individuum as well. The ratio between these two parameters is determined by the Body Mass index (BMI) and in this thesis I will focused on why the values of BMI are essentially significant for adolescent.

This submitted rigorous work thesis deals with values of BMI and factors that influence pupils in the age of 10 - 16 years. Identified values results from measurements of 681 pupils on 8 Prague's primary schools. The results of weight and height measuring were compared with findings of national anthropological research of the year 2001, let us say 1991.

From the measurement that was made is clear that there was no increase of average body weight of boys in every categories under examination and as well no decrease of average body weight of girls in every categories under examination in comparison with CAV 2001. The thirteen-year-old boys are higher than the thirteen-year-old girls. Average stature of fifteen-year-old boys is higher than 175, 6 cm, fifteen-year-old girls overreached 166,1cm. The subjective perfect height of boys between 11 and 16 years is more than the average, girls in the same age group are situated at intervals 1 cm around the average. Futhermore, dependence age on average values of height, weight, waist girth, hip girth, quantity of pocket money, number of kilograms that informants have to put on weight in order to start diet to reduce or kilograms that they have to reduce in order to consider their weight-shortage to be unhealthy; put on weight in order to think of their weight as unhealthy and futher desirable height and weight, has been recognized.