

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 diploma 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.