

TITLE

Physical fitness of children in primary schools in Velke Mezirici and their participation in sport.

AIM

The aim of this dissertation is to establish the level of physical fitness and participation in organized fitness activity in primary schools in Velke Mezirici. Additionally, to find out whether above average talented children exercise more often than the ones below average and whether the ones with above average fitness level carry less subcutaneous fat than the ones with fitness level below average.

METHODOLOGY

The data for this dissertation is gathered through empirical quantitative research. This research will be carried out under standardised conditions minimizing the outside influence (gymnasium). The Focus group for this research were pupils from primary schools in Velke Mezirici.

RESULTS

Based on the research is apparent that almost half of tested children achieve below average results in kinetic tests and almost three quarters tested children participate in organized sport less than three times a week. It was also established that the children with well above average fitness participate in organized sport three times as often as the ones well below average.

KEY WORDS

Kinetic endurance, physical fitness, testing, younger school age, participation in sport, life style, dynamic activity.