

ABSTRACT

The aim of this diploma thesis is to find out fitness level of Prague PF UK students and compare it with the level from the years 2006-7 when same research was performed.

The current 2009 fitness of Prague's PedF UK students was tested according to the test Unifittest (6 – 60), the same to the one used in 2006-7.

By the testing I examine whether the fitness of current students is (worse or) better than the result of fitness testing from 2006-7. Based on average 2009 results comparison I'm trying to find out if students with teaching qualification (physical training) achieved better results than their peers without this teaching qualification. In addition to that I'm trying to ascertain current students approach to their own fitness and also if they would like to participate in a new subject focused on monitoring and improving fitness. For this purpose, already created questionnaire from 2006 has been used. By the comparison of 2006 and 2009 questionnaires I evaluate whether students choose similar answers.

The outcome of this diploma shows the average fitness decreased for majority of Prague's PedF UK students in comparison to the status in 2006-7. During more detailed observation I revealed that degree of decrease in fitness is higher for women than for men. On top of that it was proven that current students with the teaching qualification achieved in average better results then those without such qualification.

Thanks to the questionnaire I managed to find out that majority of current Prague's PedF UK students would like to improve their own fitness and would subscribe for a new subject focused on monitoring and improving fitness. The next questionnaire comparison resulted in the following conclusion: 2009 PedF UK students chose very similar answers as their 2006 peers.