

Abstract

Title: Self-concept, nutrition and movement habits between university students in Czech Republic and Greece

Objectives: The aim of this work is comparison between university students of sport faculties in the Czech Republic and Greece in the way of their self-concept, nutrition and movement habits.

Methods: In our thesis we used the method of questioning. There were questioned one hundred of Czech students studying FTVS UK in Prague and the same figure of Greek students studying The Demokritos University in Komotini. Rate between genders was in both cases 1:1.

Results: We found out that both monitored groups showed mistakes in composition of nutrition. Quantity of sport is in both cases similar. Greek students are more satisfied with their habits and general appearance.

Keywords: nutrition, movement habits, self-concept, general appearance, satisfaction