Abstract

ATTITUDE TOWARD PHYSICAL ACTIVITY IN CHILDREN OF AGE 8-10 YEARS

Objectives: The main objective of this work is to identify attitudes towards physical activities for school children using a questionnaire CATP / Grade Year 3 (Schutz et al. 1985) in deliberately selected schools in 2008/2009 and subsequent comparison with results Málková in 2002.

Methods: In our empirical study we used the method to get data questionnaire. It is a specialized questionnaire for primary school children known CATP GRADE / YEAR 3 (Schutz et al.1985). The questionnaire affects six dimensions of attitudes (social sensitivity, health hazards, social experience, aesthetic and pleasure of movement). For proper completion of the questionnaire was a manual for teachers or other examiners who are prepared to answering any questions students.

Research was conducted in the third and fourth classes intentionally selected school (one village and a Prague Elementary School). The research was a one-stage and continued the descriptive research of Kaplan (2001).

Results: The observed average values of six variables, we found higher value for X5dimensions - aesthetic in girls. For boys the contrary, we increased the value obtained is the dimension X3 - danger. We believe that this is due to the initial awareness of female and male identity. When comparing positions with the results Málková in 2002, we found that unlike the past there has been an increase in the value dimension X4 - a social experience.

Keywords: attitude, attitude questionnaire CATP GRADE / YEAR 3, physical activity, age 8-10 years