Abstract:

The goal of my thesis was to design and realise an active programme for obese children in water surroundings, who underwent five week lasting medical programme in Státní léčebné lázně Bludov. The tested group consisted of 7 children, who took part in an hour long exercise in water surroundings twice a week deliberately. Having used questionnaire methods we discovered the difference between the attitude of obese children to exercise in water and to activities in the gymnasium. Further, we dealt with the influence of activity in water surroundings comparing the input and output values of fat by tested and control group.