Abstract

This paper focuses on the meaning of sport for present people. All motivations which lead them to practise sport are stated. We consider the trend of decreasing volume of physical activity in population especially in developed countries and the total social costs because of this trend. We analyse the investments opportunities of health system in promoting physical activity and how much these methods are cost-effective.

Furthermore the meaning of sport as prevention before socially undesirable phenomena is examined, particularly smoking of cigarettes and consumption of alcohol. We present the previous studies which were done in this topic. The methodology of survey, questionnaire survey in theory and in practice is described.

In the last chapter gained data are analysed with OLS method, Tobit model, probit model and interval regression. Pros and cons of these models and results are commented.