

# **Bibliographical identification**

**Title of Bachelor work:** The amount of motion activity within a week's routine of football players at grade level

**Place of work:** UK FTVS

**Author:** Michal Hojdar

**Field of study:** Physical education and sport

**Head of work:** Mgr. Jakub Kokštejn

**Defence year:** 2012

## **Generalization:**

The Bachelor work „The amount of motion activity within a week's routine of football players at grade level“ focuses on acquisition of new knowledge concerning an extent, intensity and content of adolescents' motion activity who regularly apply themselves to an organized form of motion activity. A theoretical part comprises knowledge dealing with motion activity, its organized form and relation to adolescents' health development. The amount of motion activity was charted with the help of acceleration metres and written recording. In the closing part of the work there are verified hypotheses with the results of completing or not completing the health recommendation.

**Key words:** an adolescent, an acceleration metre, an expenditure of energy, football, organized motion activity