

Abstract

Diploma thesis title: Opinions and Attitudes of Unsuccessfully Moving Younger School Age Children toward Physical Activities

Aims (goals):

The main aim of the diploma thesis was to state opinions and attitudes of unsuccessfully moving younger-school-age children toward physical activities. Another aim was to create an overview of terms regarding the movement failure in the theoretical part. Further aim was to compare the opinions and attitudes of so defined children toward the physical activities to results of Kaplan (2001) and Holický (2011) and to monitor anthropometric characteristics of observed files.

Methodology:

The work was developed by using the method of Kaplan's research (2011). The research identified unsuccessfully moving children using a motoric testing. With this procedure the files for the subsequent determination of the characteristics of the unsuccessfully moving children were defined. Then, two types of questionnaires were used to research the opinions and attitude of the children toward the physical activities.

Results:

The results revealed the unsuccessfully moving children do a physical activity three times a week and occasionally. The pupils of the S2 file spend most of the time inactively, for instance by engaging themselves in computer activities or garden games. The group S1 appears to be slightly more active. The observed pupils do sports mostly with their friends. However, the boys like computers as much as sport activities. Girls prefer horse riding the most. Most of the pupils walk to school, their parents did a sport as when they were children and now they do sports occasionally. Next results, based on the position questionnaire, revealed that almost all the kids like to sport with their friends. Last results concern the Body Mass Index, which turned to be on a standard level in most cases, only the girls of the S1 file resulted to have a slight overweight.

Key words: physical activities, characteristics of age categories, an unsuccessfully moving pupil, opinions and attitudes toward physical activities questionnaires