

Abstrakt

Relation of Lifestyle and Physical Fitness of Sporting and Non-Sporting Pupils at General Grammar School

This thesis compares the lifestyle standards of the Pupils at General Grammar School, who do sports regularly with the lifestyle standards of those who don't. Furthermore, it identifies the impact of this on their physical fitness and preferences associated with the healthy lifestyle. The thesis examines and compares the difference in the physical fitness and lifestyle of boys and girls.

The work has two parts – theoretical basis and research. The theoretical part defines health, physical fitness and preferences associated with the healthy lifestyle. The research evaluates the results of the physical fitness testing and processes the survey whose objective was to determine the quality of lifestyle of Pupils at General Grammar School.

Keywords: physical fitness, lifestyle, UNIFITEST 6-60, pubescence, health, physical activity