Bibliographical identification

**Title of Bachelor work:** The Amount of Physical Activity of Adolescent Football Players in Weekly Regiment

**Place of work:** UK FTVS

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

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**Abstract:**

The bachelor thesis “The Amount of Physical Activity of Adolescent Football Players in Weekly Regiment” is focused on the organized physical activity of football players in their weekly regiment. The basis is adolescent players (15-19 years) of TJ Tatran club in Prachatice. The theoretical part deals with the findings concerning physical activity, the period of adolescence and the characteristics of football. The amount of physical activity of two groups of adolescents (categories of older youth 18-19 years and younger youth 16-17 years) was measured by means of accelerators for the period of one week. The monitored sample did not meet the medical requirements of average daily energy output. The sample, contrary to medical recommendation, exceeded the average amount of steps per day as well as the average amount of medium or high physical activity per day.

**Key words:** an adolescent, an acceleration metr, energy output, football, physical activity