

## **Abstract**

**Title:** Accumulated physical activity support at German youth

**Objectives:** The main goal of this task is a closer look at the content of the accumulated physical activity support applied on German youth and its comparison with the current status of it in the Czech republic.

**Methods:** In this work I provide a content analysis of publications, foreign tasks, specific studies, articles and documents pointed at accumulated physical activity support issue that I additionally deal with in the comparative analysis of the Czech republic and Germany.

**Results:** There is a clear outcome of the comparison made that both countries are fighting with the significant and constantly increasing number of teenagers that live in a sedentary and unhealthy way. In both countries there are numerous quality intervention programmes pointed at youth but they are underestimated from the managerial perspective in the Czech republic. Just in Germany we can find an inspiration and right direction in the area of conception, organization and the overall provision of successful intervention programmes. A physical education and sport manager should be the one who controls skills needed for mentioned programmes realization and he should gain these skills during his university (pregraduate) specialization that is closely related to this specific area.

**Keywords:** physical activity, physical inactivity, youth, intervention programmes