

## **ABSTRACT**

This work maps change in leisure time sports activities against the background of social transformation from mid 1980s until the present time, taking into account both theoretical studies as well as empirical surveys. It approaches sport as one of the possibilities of preparing oneself for old age in connection with the growing symbolic importance of sport in the present time.

The work comprises of two parts. Theoretical part outlines how the lifestyle of the Czech population evolved during the period in focus, and surveys recreational activities and its trends and corresponding change in favoured sports activities. This part addresses the importance of sports, especially in connection with the lack of active lifestyle that is prevalent among the population, as well as gradual ageing and the concept of active retirement.

The empirical part is in its nature a quantitative (secondary) survey and analyses population over time (data available for years 1984, 1991, 2007) for mature age (31 – 45 years), middle (46 – 60 years) and old age (61 – 75 years) with the objective of mapping sports activities undertaken by these age segments, their attitudes and motivations toward sports which are key to understanding the potential, respectively the barriers to active ageing after entering what is termed a senior age. A comparison with other European countries is undertaken at the closing stages of the work to outline the position of the Czech Republic in this regard.