Abstract

The thesis deals with problematic of obesity of school-aged children, focuses on different points of view, tries to find out reasons leading to obesity and effects of obesity on the health and psyche of children. Obesity is defined as excess adipose tissue above optimal limits. Obesity mechanically burdens static strain and musculoskeletal system and makes worst physiological functions. The thesis is composed of a theoretical part and a practical part. The theoretical part deals with causes of obesity, with prevention, effects of overweight and compares opinions of Czech and world authors. The practical part is based on measuring weight and height of sample of children from schools in Pribram. The results of questionnaires filled by children attending 4th grade of primary schools are examined. Children answered questions related to their eating habits and their leisure time. Due to the fact that the number of obese children is increasing continually, it is necessary to be more focused on prevention and helping overweight children and their families.

Key words

Obesity, overweight, genetics, eating habits, leisure activities, metabolism, prevention, effects.