

Education on Healthy Lifestyle at Secondary School

ABSTRAKT

This thesis deals with an issue of healthy lifestyle among pupils at secondary schools. The aim of the thesis is to find out information, or knowledge, attitudes to and perception of the hidden curriculum of school corresponding to healthy lifestyles area. The theoretical part pursues the analysis of the concept of health and healthy lifestyle, includes a view of curriculum documents related to educational training for health and focuses on teacher as the major component affecting students in shaping the relationship and the principles relating to a healthy lifestyle. Practical part describes the level of knowledge of students, the degree of compliance with the principles of a healthy lifestyle and a measure of the hidden curriculum, which the pupils at the school are influenced by. Based on the results of the research the design for inspiration of the theme of healthy lifestyle education, which can be used in teaching practice, is stated.