

TITLE:

Physical activities in the leisure time of the middle school students in the Usti Region

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ABSTRACT:

This thesis investigates the extent of the middle school students pursuing physical activities in the Usti Region. The theoretical part concerns itself with importance of physical activities in human life, particularly in a child's life, and point out to the risks and problems connected to a sedentary lifestyle. The practical part focuses on physical activities of middle school students in chosen parts of the Usti Region. The questionnaire survey in this part of theses detects the extend of physical activities and differences between children living in bigger and smaller towns. Part of this passage is also mapping of current possibilities of physical activities and sports grounds in this region. Finally, there are several recommended changes presented in the paper that would lead to increase in interest of middle school students in physical activities, namely lowering prices of extracurricular physical activities and increase in amount of school physical activities.

KEYWORDS:

movement, leisure time activities, health, motivation