

Abstract

Title: Athletics in physical education lessons of grammar schools and its comparison with the situation abroad

Aims: The aim of this thesis is to research the teaching of athletics at grammar schools of chosen Czech regions and thereby provide an overview of athletics teaching extent; disciplines selected by teachers and practised by students during physical education; whether the schools or the teachers are limited by material, spatial or other factors; what is the character of the lessons with athletic content and whether it is influenced by the attitude of the teacher to the relevant sport, i.e. his or her sports orientation. Another partial aim is the comparison of researched situation in the Czech Republic with the neighbouring countries of Germany and Austria.

Methods: The thesis is based on the method of questionnaire interviews among teachers of physical education at grammar schools in chosen Czech regions and abroad. The questionnaires were spread through information and communication technologies and consequently analysed by Microsoft Excel. The results were compared with the situation abroad.

Results: The following results have been reached by processing and analysing the questionnaires. On average, 28% of physical education lessons at grammar schools are devoted to athletics. Its teaching is influenced by the spatial factors of individual schools, higher numbers of students in lessons and their more difficult motivation, as well as by the fact that still a relatively large share of time is allocated to measuring results instead of practising setting-up exercises. In comparison with Austria and Germany, the situation proves to be better in certain aspects in the chosen regions of the Czech Republic (such as a lower average number of students in physical education lessons, higher percentage of students participating in track and field competitions) whereas in other aspects it is better in the researched foreign countries (such as better facilities, more time in lessons allocated to setting-up exercises and games).

Keywords: physical education, athletics, track and field, grammar school, comparison