

Abstract

Title: The influence of physical activity on postural function disorders in school children

Objectives: The objective of this thesis is to evaluate the state of postural function of pupils of 4th, 7th and 9th grades, and to measure their physical activity and subsequent evaluation of the impact of physical activity on the incidence of functional postural disorders in these children.

Methods: The thesis used methods of observation and questionnaires. Evaluation of the state of postural function was held by observation using test evaluation of posture according to Jaroš and Lomíček. The rate of children's physical activity was detected using a questionnaire.

Results: It was found that pupils who are not engaged in any organized physical activity is a greater incidence of functional postural disorders and overall condition of postural function is worse than that of students who play sports.

Keywords: physical activity, postural functions, school children, evaluation