

Title:

Of physical activity in the lives of students staying at the youth home

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Abstract

The present research work deals with the influence of education to active leisure of adolescents accommodated in the school facility. It is mapping their leisure time physical activity and their relation to sport. First part focuses on specific characteristic of secondary school students in the field of developmental psychology. The following chapter is devoted to terminological concept of leisure time, physical activities, sport and its differentiation and also lifestyle. Second part maps with quantitative method of the survey the current state of leisure time physical activities of accommodated students of secondary school, secondary vocational school and grammar school . After that I chose the method of structured interviews with educators of individual educational groups. In conclusion of this work are stated the recommendations for theory and practice resulting from the facts of empirical investigation.

Keywords: adolescence, school accommodation, leisure time, physical activity, sport, lifestyle.