

Abstract

Title: Interest in Athletics and other activities for children aged 12 - 15 years.

Objectives: To determine interest in athletics and other activities for children aged 12 to 15 years and to compare the responses of children from selected elementary schools and grammar schools.

Methods: A questionnaire survey was used to meet the objectives. Questionnaires were distributed to two schools - Elementary School (ZS Jilovska) and Grammar School (Gymnázium Omska), of which neither one focuses on sports. Age group was between 12 to 15 years of age. Total of 359 questionnaires was collected. The main objective of the research was to determine the interest in sports and athletics beyond school physical education classes. In this study we investigated the activities in which children and young people engage in their leisure time; who motivates and supports them in sports, and how they relate to athletics.

Results: The results showed that children and youth, despite the availability of today's modern techniques, are still interested in sports. Of the total number of 359 respondents, 23% of children chose sports as one of the leisure activities. They enjoy doing sport activities in their spare time as much as activities done with friends or playing games on the computer. 91% of children are involved in certain kinds of sports; the most frequently mentioned were the following sports: football, hockey, basketball, swimming, aerobics, athletics, hockey, softball, tennis, table tennis, combat sports and horse riding. Only 9 % of children engage in athletics, as such it is not among the most popular sports, yet still we can find a few dozen children who like to do athletics. With this same result is associated the awareness of children and youth about the project Athletics for Children. 88% of children never heard of this project and only 3 children were actively involved in this project as participants. We can say in general that today's children and youth are still interested in sports and like to engage in sports during their leisure time.

Keywords: Athletics, children and youth, sports activities, motivation, school physical education, sport and leisure