Abstract

Title: The evaluation of physical activity of children of school age

Objectives: The aim of the study is to assess physical activity in children of school age in Prague 6 and evaluate the main factors influencing physical activities and the possible correlation between these factors and levels of physical activities. The work includes the spectrum of information about physical activity and its importance in the pediatric population, level overview of physical activities children in the world and its measurement, then the description of programs to support the physical activity.

Methods: The research was carried out using non-standardized questionnaire. The questionnaire was distributed to 15 elementary schools located in Prague 6 among students of 2nd and 6th class. We used the Microsoft Excel software to analyse the data.

Results: We found that the largest number of children does sports 2-4 hours a day. Boys and younger students were more physically active than girls, and older students. The results of the work suggest that children in the Czech Republic are, in the monitored parameters of physical activity (frequency, time), at a similar level as other children abroad.

Keywords: youth, sport, questionnaire, inactivity, sedentary lifestyle, obesity, pedometr