

## **ABSTRACT**

**Thema works:** Opinions on athletics and attitudes towards training children in athletic club Spartak Praha 4

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**Aims:** The aim is to identify the attitudes and opinions of children and their parents towards athletic preparation trainings at Spartak Praha 4. Specifically, I focused on the research of the attitudes of children towards trainings, whether the children are looking forward to training in athletic preparations and if trainings are aiming on developing sports skills of children in school age. An essential part of my research is to identify opinions of parents towards the activities of athletic preparations in the selected club.

**Methodology:** This is a theoretical-empirical project including quantitative research. Identity and data collection was carried out using unstandardized survey, which was designed for children, their parents and trainers.

**Results:** The research results show that the attitudes of children and their parents towards athletic preparations does not differ. Answers of observed groups were mostly positive. Children are satisfied with athletic preparations at Spartak Praha 4 and they are looking forward to have training. The survey showed that children's favorite sport is athletics and children are satisfied with their coaches as well. Attitude of parents towards athletic preparations are positive as well. Parents are mostly satisfied with separation of children into different groups. According to parents, the number of coaches seems to be sufficient. Most coaches are preparing trainings one day before each training. Trainings mostly focus on developing coordination and speed, also strength, mobility and endurance. The most common forms of physical activity which are trainers using are games, chases and races. End of the training is usually followed by final assessment from training.

**Key words:** Attitudes, opinions, athletic preparation, children, parents, trainers, motor abilities and skills.