

ABSTRACT

Name: Opinion of children of senior school age on physical activity, health and sport

Aim: The aim of the diploma thesis is to create a comprehensive overview of issues associated with physical activity, health, sport and healthy lifestyle. This thesis investigates the knowledge and opinions of school children at second stage of Primary School on healthy eating, exercise and lifestyle. It further explores what factors influence students to take care of their lifestyles and whether there are differences in their opinions on healthy lifestyle influenced by gender, family or school they attend. The task of the work also determines whether the students of two selected primary schools in Slaný have a different opinion on the above mentioned physical activity, health, nutrition, physical education and sport. This thesis as well explains the students' motivation resulting in healthy lifestyle and discusses why are students entertained by physical education and sport as well as why they are not.

Methods of the research: To obtain results relevant to the thesis, we have chosen a quantitative method – a questionnaire. It is a noninvasive anonymous survey which focuses on individuals in the older school-age – the second stage of Primary School. The essence of investigation is in collection of data and information from respondents, and finding out their views and opinions on the topic. The questionnaire has been compiled in cooperation with the head of my thesis. The total number of respondents was 180 of which 90 respondents were from one school (Komenského náměstí, 618) in Slaný and other half of 90 respondents were from another Primary School (Rabasova 821) in Slaný. The questionnaire was composed of 20 closed questions, which were divided into 4 groups - sport, lifestyle, healthy diet, the influence of school and family.

Výsledky: The majority of school children have a positive attitude towards physical activities and consider a healthy lifestyle as important. The difference between the second and third school in Slaný were found in requirements of respondents to the number of physical education classes. An absolute majority of adolescents manages physical education classes without problems.

Key words: health, nutrition, healthy lifestyle, physical activity, sport, family, school