

Abstract

Title: The ability to assess the physical endurance of students

Objectives: Goal of this bachelor's thesis is to diagnose the endurance assumptions and determine the values of body mass index of students at second degree of primary schools. Another goal is in analyzing the results of students with common range of education and students with extended range of music education and aesthetics. Subsequently will follow comparison of analyzed results with goal of finding out statistical difference which is significant between endurance assumptions and the body mass index.

Methods: The thesis is conducted in the form of quantitative research. The level of endurance assumptions is determined by multi-stage fitness test (Leger test) and by the values of BMI based on anthropometric characteristics. Results are evaluated in a form of histograms and tables. Analysis is performed by using a F-test and a t-test. The chosen test samples are students of two schools which first one is with common range of education and the second one is with extended range of music education and aesthetics.

Results: From evaluated and compared results is obvious that there is no statistically significant difference and therefore can't be said that students with extended music education and aesthetics would reach worse results in endurance assumptions than students with common range of education.

Key words: endurance assumptions, Leger test, body mass index, F-test, t-test