

Abstract

- Title:** The impact of elementary schools orientation on leisure time activities structure and physical fitness at child population, age 9-14, in Litomerice town
- Objectives:** The aim of the thesis was to determine, if different conceptual orientation of selected elementary schools (aesthetic-music-oriented, sports-oriented) has a significant influence on the structure of leisure time activities and the level of physical fitness of children aged 9-14 years.
- Methods:** The study presents empirical quantitative research, which consists of sample of 202 students selected from two elementary schools in Litomerice town. Level of physical fitness was determined using standardized test battery UNIFITTEST (6-60) and the structure of leisure time activities were detected by sociological questionnaire COMPASS II. For the analysis of the data obtained we used descriptive statistical methods, t-test, analysis of variance ANOVA, chi-square test and coefficient of effect size Cohen d , z-test, Hays omega and effect size η^2 .
- Results:** Significant impact of the different conceptual orientation was reflected in the only one of the monitored fields, in the level of physical fitness, but not in the structure of leisure time activities. Sports-oriented school reached significantly better results $p < 0,05$ and Cohen $d > 0,05$ or z test $> 0,30$ in most of motor tests, especially in the endurance test (Leger test) compared to aesthetic-music-oriented school. This different level of the physical fitness was also reflected in the sum of skin folds. Students of sports-oriented school had significantly lower value of the sum of skin folds. There was the only one difference detected in the structure of leisure time activities concerning Factor F3: audiovisual, multimedia and virtual reality was $p < 0,05$ and $\eta^2 > 0,14$ higher at sports-oriented school compared with the aesthetic-music-oriented school.

Keywords: leisure time, activity, movement behavior, motor development, physical fitness, UNIFITTEST, COMPASS