Abstract

Title: Regime arrangements for weight modification at the preschool children

Objectives: The aim of this master thesis is the plan of optimal regime arrangement for weight modification of preschool children in the environment of kindergarten. Also then composition of week dietary plan for facilities of this type.

Methods: For the appraisal of situation and conditions of preschool education in concrete kindergartens I have used the method of comparison, direct observation and in-depth interview with head officers and teachers of particular schools. In the empirical part of this thesis I have realized the two-kind inquiry. First was focused on head and educational operatives of schools, second then on parents of the children. I have also carried out the measuring of basic physical characteristics of the children in selected kindergarten.

Results: Results present information about the situation of preschool education in the Czech republic through executed analysis of selected kindergarten. It has been proved, that material ensuring of kindergarten determines leisure activities of the children. The offer of school above-standard motion activities is influenced also by the village size, in which are particular preschool educational facilities situated. The level of education of the pedagogical operatives has been monitored in the analysed kindergartens, too. Thank to the carried out research I got to the conclusion, that eating habits varies significantly in particular kindergartens and that the greatest problem is arranging fluid intake of the children.

Keywords: preschool age, kindergarten, overweight, obesity, regime arrangements