

Abstract

Title: Current youth sport participation in Jablonec nad Nisou town

Objectives: The main objective of this work is to determine current situation of sport participation of youth population in town Jablonec nad Nisou. Subtasks were focused on finding the leisure activities of young people, their perceived incentives and barriers in sports, socio-demographic factors and description of sport background in Jablonec nad Nisou.

Methods: The thesis includes the method of accessibility and convenience for reach the sample of students (High school "U Balvanu" and secondary Technical School). An anonymous questionnaire survey was used to collect data from 206 respondents. The questionnaire was inspired by the survey of Eurobarometer, WADA and research investigating the lifestyles of youth. To collect data focused on sports facilities in Jablonec nad Nisou, a method of analysis of documents (official material on the web) was used. Obtained data were processed by using basic descriptive statistics, relational analysis and explanation.

Results: We found out that roughly half of the students are insufficiently involved to physical activity. The most frequently cited barriers are lack of time and motivation, handicap or illness and the absence of someone who would forced them. Physical activities has big competitors in other leisure activities such as listening to music, activities related to computers and watching TV. We found relationship between sport career of parents and physical activity of children. Optimally affect children in sport fathers, friends, coaches and mothers.

Keywords: adolescent, physical activity, leisure time, high school