TITLE:
Healthy lifestyle in the educational reality of a selected school

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ABSTRACT:
This diploma thesis deals with the education and healthy lifestyle in the category of teenagers. The aim of the diploma thesis is to map out the important issues that affect the lifestyles of teenagers, mainly in relation to the secondary school environment, school documents, such as ŠVP, RVP and the effects of high-risk behavior. The diploma thesis also focuses on the important aspect of this topic, the interaction teacher - pupil, the aim of this section is to document and analyze whether the students perceive their teacher´s approach to a healthy lifestyle and whether it's something that personally affects them. The current approaches to the education and healthy lifestyle in the secondary school environment are documented and analyzed in the diploma thesis. A brief excursion into the history of these key concepts is also included in the diploma thesis.

KEYWORDS:
Education, lifestyle, high school, student, teacher, ICT.