

Abstract

- Title:** The influence of family background on children's physical activities
- Objectives:** The main goal of this thesis is to offer a complex analysis of the activities children pursue in their spare time and their correlation to the conditions in which they were raised at home. The focus is on to what extent the family background influences the choice of activities undertaken by children in their spare time and by what means it could be possible to increase the share of physical activities with regards to family involvement, particularly concerning the parents.
- Methods:** The thesis is split into two main parts. The first part focuses on theory and attempts to describe the principal terms and concepts related to the subject matter, such as exercise regimen, physical activity, health and others. The second part of the thesis concerns the research on how the family environment influences the activities pursued by children in their spare time. The research was conducted in the form of a questionnaire survey.
- Results:** The research uncovered that boys spend more of their spare time occupied with electronic devices (mobile phone, computer, television and others) compared to girls of the same age. Another part of the research proved correlation between the attained level of education of the parents and the average BMI of their children. It was also discovered that the BMI of boys varies from the BMI of their parents. Limiting use of electronic devices was not proved to be linked to active/competitive undertaking of a sports discipline.
- Key words:** a physical activity, an exercise routine, a leisure time, children, parents, family