

## **ABSTRACT**

**The title of thesis:** Influence of regular physical activities on the health of younger school children

**Aims of thesis:** The main aim of this thesis is find out the reality, whether the regular physical activity influences on the health of younger school children. Nowadays, there is an increase of diseases caused by inactive way of life. It's because of today's hurried time and therefor there is a need to aware and stress the influence of regular physical activity on the health of each person, whether children or the adults. Hypokinetic way of life causes problems since the early childhood. At present, one third of people are obese and that's very alarming at these times where there is enough of healthy food and where every person has a chance to attend lots of sports centers. The next aims of this thesis is to find out children's attitude to sport and physical activities, whether they do any sport in their free time together with their parents and whether they are aware of influence of regular physical activity on their health.

**Method of thesis:** A quantitative method was used to elaborate the research in this thesis, questionnaire that contained 15 questions. I distributed this questionnaire to the third and fourth grade pupils. The survey included closed, semi-closed, and open questions. A total of 134 completed questionnaires were returned. The questionnaires were processed into charts, where you can see how the children understood the questions and how they answered them. According to electronic class register I summed up the absence of all interviewed pupils because of illness. The last task with the questionnaire was to compare pupils who regularly do some physical activities with those who sometimes do some sport and with those who don't do any physical activity.

**Results:** The hypothesis, whether the pupils who attend regular physical activities are less ill than those who do some sport occasionally or never, was conformed. In the school year 2017/2018 75% of the addressed pupils had lower absence. The next hypothesis, that younger children have a positive attitude to physical activities, to sports and to movement at all, was confirmed as well. It also showed that parents often pay a lot of attention to children at this age and do various sports activities together in their free time. Unfortunately, the hypothesis whether the younger children are aware of the importance of physical activities for their health,

wasn't confirmed. Maybe it's because they are too young. Therefore, a bigger motivation, an awareness of importance of sport and regular physical activities are needed, not only in these days but in the future, too.

### **KEY WORDS**

Physical activity, health influencing factors, healthy life style, hypokinesia, health, inactivity, health problems associated with an inactive lifestyle