Abstract

Name

Relation between physical fitness and study results of primary school students

Goal

The goal of the thesis is to examine physical fitness of primary school students, compare it with their study results, and see if there is any relatioship between these two variables.

Methods

Physical fitness is tested with tests and norms of Unifittest (6-60) (Měkota, Kovář, 2002) and study results are generated with questionnaires. The answers are then matched with Unifittest's results of each student. Results are processed with the help of statistical methods.

Results

The results of Unifittest (6- 60) showed above-average or well above-average level of fitness with 89 % of individuals. Only 11 % of participants reached the average score. The best performance was detected with girls of the 9th grade and boys of the 7th grade. Spearman correlation coefficient showed a medium-strong relation between the Unifittest (6- 60) results and grades from Czech language, foreign language, and mathematics in 2 categories. 6th grade girls had the correlation $r_s = 0{,}51$ and 8th grade girls $r_s = 0{,}56$. Other categories showed very weak correlation relation.

Keywords

Unifittest, physical fitness, studying, youth, sit-ups, pull-ups, long jump, Cooper test