

ABSTRACT

This thesis deals with the impact of the specific physical activity on the physical fitness of children measured by UNIFITTEST (6-60). Final results were processed based on the UNIFITTEST standarts and the information about physical activity of the children were taken from the questionnaire which have been created specifically for this research. The stated research questions were compared with results from the practical part of the thesis and were discussed in the discussion chapter. By this research we have found out that children from seventh and eighth grade have reached an average value in motoric tests.

Due to this work children have found out their physical fitness and so they could compared it with their classmates. Also they have got to know with the physical tests with which they can be part of during physical lessons.

This work was made by research form realised at standard nonspecific elementary school Na Výsluní in Brandýs nad Labem. The total amount of the participants were 194 from 12 to 14 years.

KEYWORDS

Physical fitness, measurement, UNIFITTEST, performance, physical activity, testing