

## **ABSTRACT IN ENGLISH**

The diploma thesis presents physical activity and quality of life. Thesis characterizes these two areas, discusses the influences that affect these two areas and then compares the influence of themselves - or the influence of one of them on the other, the impact of physical activity on the quality of life. The theoretical part presents physical activity as a tool of benefit, a determinant of health, part of an active lifestyle. The quality of life is discussed in a similar way. The practical part examines the influence of physical activity on the quality of life in individual age categories. In addition to the influence of physical activity on the quality of life in general, practical part is also testing the influence of this activity on individual dimensions of quality of life. Two questionnaires - WHO QOL-BREF and GPAQ - are used to determine the values needed for the research.