

Abstract

Work title: Courses of outdoor activities and sports at high schools in Prague 3.

Aim: The aim is to introduce a range of courses and activities, outdoor sports for high school students in Prague 3 in terms of the type of course, program offer, organizing or securing locations.

Methods: Research group consisted of 11 high schools based in Prague 3. Research method was a questionnaire, distributed by electronic communication (e-mail) to the directors of individual schools. The questionnaire contained a total of 15 questions, which were evaluated by using basic statistical methods and interpreted in graphs.

Results: Sports courses are organized at all high schools in Prague 3, with the exception of one school. The most common sports course - more than 85% - is a ski course, organized in the Czech mountains for one week. The ski course is from 90% organized by PE teachers. The biggest interest from students is in the adaptation course, more than 95%, at the same time it is the second most frequently organized course in schools. Other outdoor activities and courses are filled by more than 85% of students. The content of activities and courses are outdoor games, team games, as well as sports activities based on the type of course.

Conclusion: High schools organize, during their four-year studies, at least two courses for their students. Students are very interested in activities and courses. The target destination for activities is from 90% Czech Republic.

Key words: outdoor activities, adaptation, outdoor education, movement