

## **ABSTRACT**

<b>Title of diploma thesis:</b>	Comparison of the conditions for leisure rowing in Portugal and in the Czech Republic
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<b>Objective:</b>	Mapping the attitudes with opinions of rowing coaches from outside Prague rowing clubs on the implementation and management of leisure rowing by adults in clubs of their competence. Then determination whether the demand for courses for newcomers with no previous experience with rowing correspond with offer in the interviewed rowing clubs.
<b>Methodology:</b>	To meet the objectives of the work was made survey, which was conducted with fourteen responsible rowing coaches from different rowing clubs from seven regions.
<b>Results:</b>	This thesis contributed to the possibility of using rowing for addressing the decrease of the fitness and change from a sedentary lifestyle to an active, when rowing positively affects several components of fitness. Based on the investigation it was found that it is an interest in leisure rowing in rowing clubs outside of Prague, where in six sections leads to its realization. The research also pointed out that the main problem of the introduction of leisure rowing into the clubs outside of Prague is money.
<b>Keywords:</b>	fitness, lifestyle, activ lifestyle, healthy lifestyle, Crew Class Rowing, leisure rowing