

## **Abstract**

**Title:** Physical Activity Level of Individuals Attending the University of Third Age at Charles University, Faculty of Physical Education and Sport

**Objectives:** The aim of this diploma thesis was to describe physical activity level of the individuals attending the University of the Third Age at Charles University, Faculty of Physical Education and Sport.

**Methods:** The theoretical part of the thesis has been achieved by using the method of search enquiry of both Czech and foreign literature. Its practical part has been created by using a survey at 226 respondents (of whom 83 % were women) who attended first year of the University of the Third Age at Charles University, Faculty of Physical Education and Sport. The average age of the respondents was 65 years, the average BMI was 25,1 kg/m<sup>2</sup>. A short version of the IPAQ questionnaire has been used, complemented with demographic questions.

**Results:** The findings have shown that an average given volume of physical activity in one week at the tested group of seniors was 5 841,0 MET minutes. 76 % of the respondents can be thus placed into the HEPA High Active category. By the survey, hiking can be considered as the most frequent physical activity. Interestingly, older respondents have achieved a higher level of motoric activity. The results of the survey have proven that physical activity of the respondents reaches an optimal, or, more likely, above average level.

**Keywords:** Seniors, motoric activity measuring, lifestyle, IPAQ.