

THE TERM OF THE THESIS

Kinetic ability of boys and girls on the second grade of the primary school.

THE PURPOSE OF THE THESIS

The purpose of the thesis is to find a level of the kinetic efficiency in pubescence of boys and girls and if there is any influence of subcutaneous fat on their kinetic efficiency. Next point is their interest in sport in their free time.

THE METHOD

The thesis is elaborated in form of the empiric quantitative research. This research proceeds in standardized environment with minimalized outside influences (gym).

Chosen group are pupils of the second grade of the primary school.

CONCLUSION

The conclusion of our study is that boys with higher rate of subcutaneous fat have lower the kinetic efficiency and they don't do any sport in their free time. Girls have a very similar conclusion, but girls, who were in group with average rate of subcutaneous fat, have better conclusions of kinetic efficiency and they do sports more.

KEY WORDS

Kinetic efficiency, rate of subcutaneous fat, testing, kinetics, pubescence, free time activity, recreational and efficiency of sport.

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