

The aim of this work is to look into the issue of kindergarten teachers and their competency in the area of physical education. These competencies reflect the teachers' personal attitudes derived from the quality of their lives, their wellbeing. The attitudes of kindergarten teachers towards physical education were surveyed by a questionnaire method (Wear's standardized questionnaire) and then evaluated and interpreted. Thorough analysis of these data is preceded by basic theoretic definition of the term "quality of life" and attitudes from the area of psychology and kinanthropology. Other widely used methods of gathering attitudes are also briefly mentioned.