Diploma thesis "Lifestyle and Social Capital 'active young generation" discusses the background of the relevant theoretical anchor, the two dimensions of individual life in society - the lifestyle that is in this work conceived as a space for identity formation (through the dimension of consumerism) and it operationalize the concept of leisure sports and related sportive activities, the second dimension is the theme of social capital, in accordance with its structural components (egocentric individual networks) and cultural aspects (defined by degree of tolerance and social trust). The aim of this work is through the empirical sociological analysis of representative survey ISSP 2007 Volný cas a sport and Distinkce a hodnoty 2008, map to the active lifestyle of the individual in its socio-demographic and socio-economic determinants, monitors the process of sport socialization within the family and close friends and value preferences and orientation, the which may be active in leisure sports potential impact. In conclusion, this work deals with effects of sports on the components of social capital.