

Abstract

Title: Students' experience with outdoor activities in selected secondary schools in Most district.

Aim: The aim of my master thesis was to survey and discover students' experience with outdoor activities and their possible interest in these activities at selected high schools in Most district.

Method: All needed data were collected by questionnaires. Questionnaires were delivered to selected high schools in the Most district. From the questionnaires we were able to determine if students had experience with outdoor activities and which activities they want to try. Obtained data were statistically processed in Microsoft Excel and Microsoft Word and interpreted in graphical and word form.

Results: We have found that students generally have a high interest in outdoor activities. The activity which students are most interested in is paintball. Students at school receive experience with outdoor activities especially in courses, especially in traditional activities, such as various types of turistika, skiing and camping. After previous experience students want to repeat cycling, camping and downhill skiing. Without previous experience most students want to try zorbing (aquazorbing), paintball and driving four-wheelers (ATV). A positive finding was the fact that students want to devote their free time and resources to outdoor activities. Schools have equipment only for two of the five most popular activities. These activities are canoeing and camping (only 25% of schools in the Usti Region).

Key words: Outdoor activities, physical education, free time, education at high schools