

## **Abstract**

### **Title:**

Autotelic experiences in overcoming ropes obstacles.

### **Resource:**

The purpose of this study was to determine whether and to what extent people experience flow in overcoming ropes obstacles and how their flow is affected by their previous experiences from other sports.

### **Methods:**

Polling had one hundred and fifty respondents who were regular visitors to the rope sling. Polling was carried out immediately after crossing the rope obstacles using a questionnaire-Flow Kurzskala (FCS). The data obtained were divided into individual files, depending on the hypotheses posed. Using the Student's distribution, it was determined if there is a statistically significant difference in mean values of the individual files and then the related hypothesis was accepted.

### **Results:**

Carried out testing showed a statistically significant difference in the flow experience in the rope obstacles park in a group of adolescents and adults. Also showed a difference between sportsmen who are engaged in everyday life competition sports and sports oriented on performance, unlike sportsmen doing collective and individual sports where a statistically significant difference in mean values did not show. The assumption of achieving different values in flow of men and women was not proved, as well as the influence of previous experiences from similar activities.