

**TITLE:**

Obesity of Older School Age Children Based on Physical Activity and Eating Habits

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**ABSTRACT:**

This thesis deals with the obesity of older school age children and their dependence on eating and exercising habits. The theoretical part summarizes knowledge regarding overweight and obesity, disease diagnosis, epidemiological trends and complications related to obesity. Emphasis is put on the evaluation of reasons to why this problem occurs, such as disease prevention, dietary and exercise recommendations, its therapy and inclusion of the issue with the secondary school curriculum.

The practical part contains research focused on the nutritional status, eating and exercise habits of pupils in secondary school. The survey results are designed for use in pedagogical practice. Usage is targeted for obesity prevention in this age group during Physical Education and Health Education subjects.

**KEYWORDS:**

Obesity, overweight, eating habits, exercising habits