

Abstract

Title: An exercise routine of parents and their children

Objectives: The principal aim of this thesis is to observe an exercise routine of parents and their children. The theoretical part attempts to define the concept of an exercise routine, and to list the highest number of possible connections and variables which can limit it. The empirical part addresses the question of how much of parents'/children's time is occupied by physical activities, how parents and their attitude towards sport influence that of their children, and so on.

Methods: The theoretical part uses the method of analysis, which is applied to data collection and to the definition of an exercise routine and of other related concepts. The empirical part of the thesis uses the method of written questioning in the form of two opinion polls—one for parents and the other for their children.

Results: The thesis mostly affirmed the hypothesis that “physically-active parents raise physically-active children.” Other gathered facts reflect for instance the following: children spend much time doing physical activities than their parents, a significant majority of families with children participate in collective physical activities (e.g. cycling or skiing), and a child from a sporty family does not necessarily have to follow one of their parents in their choice of a sport discipline.

Keywords: an exercise routine, a physical activity, parents, children