

Abstract

Title of bachelor thesis: Recreational rowing as a form of leisure-time physical activities

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Objective: Find out why respondents chose recreational rowing as their leisure-time physical activity. How is rowing beneficial or has negative effects to respondents perceive.

Methodology: For research purposes was used public inquiry of three rowing clubs. Survey was completed by total number of 32 respondents aged from 23 to 75 years, of which 18 were males and 14 females.

Results: Participants of public inquiry indicates positive changes due to recreational rowing. Respondent's development of conditional assumptions. Recreational swing is not usually recommended by doctors as a leisure physical activity. Recreational rowing is not conditioned by age of respondents.

Keywords: physical fitness, physical activity, hypokinesia, rowing, endurance requirements, power requirements