

Validation of an adventure programme with cooperative elements in school P.E. lessons

Summary of the thesis

The thesis deals with validating an innovative motor program with adventure and cooperative elements at a Czech elementary school. The aims of the thesis was to observe possible changes under the influence of the programme in social acceptance of children in class, in their self-concept and the amount of physical activities in their leisure time. The study was a quasi-experiment, concretely a cross classification with repeated testing. It was realized in classes of 6th, 7th and 8th grade (12–14 year old boys) (N=154) in physical education lessons. The research was realized during 6 month, intervention time was 3 months and data were gained in three time intervals. We have used the Social acceptance questionnaire and Self-concept and quality of life questionnaire as main research methods. Results brought two statistically significant values, however, in practical significance they explain a small number of results. Values in the sub-scale Pupil-classmates relationship were statistically significant ($p=0,031$), which explained 3% of results, and values in the item Evaluation of satisfaction with factors effecting self-concept had the statistical significance $p=0,002$ explaining 6,5% of results. In the overall score of Self-concept questionnaire we have found a statistically insignificant shift in experimental groups with the significance $p=0,065$, which is explained by 22% of results. The intervention programme had a positive effect on the increase of week physical activity of pupils in their leisure time. The study discusses the overall descriptive results of all pupils (boys) of the elementary school (6th–9th grades) (N=233). The study results indicated a positive shift in some observed areas and therefore the suitability of including an adventure programme with cooperative elements in school physical education.

Keywords: adventure education, cooperative learning, Social acceptance questionnaire, self-concept, quasi-experiment.