

## **Abstract**

**Title:** Discovery of the opinion of older school aged children on health, movements and sport in the cities with a different number of population.

**Objectives:** The aim of this thesis is to find, the extent to which today's kids follow sport, if the parents support them in movements and also if are the differences between the development of children from smaller city in comparasion with the capital city, where are the possibilities of sport activities significantly different. This work will help us to determinate which effect has family, school, TV and other activities which kids prefer to do. This thesis works together with the bachelor thesis titled: Find of opinions of older school aged children on health, exercise and sport at the gymnasium in Susice.

**Methods:** There are several methods used in this thesis. Content analysis is used for working with literature. Content synthesis is used for connecting and continuing of received knowledge. Also is used questionnaire research for collecting and gaining of datas which are supported of non - invasive method of measurement, which include anthropological measurement of body height and body weight. In the end of the work is used the method of comparison for evaluation of the results of the final datas.

**Results:** Based on our questionnaire survey, we get the conclusion, that children have the right knowledge related to health, movement and sport, although in some cases were considerably different among children in Prague and Susice. Based on measurement method we get the conclusion, that most of the children in Prague and Susice fell into standards by percentile growth charts for the child population. For children in Susice and Prague predominate active lifestyle and movement activies are still attractive for them.

**Keywords:** Health, healthy lifestyle, movement, sport, nutricion, older school aged children, gymnasium, the city of Susice, the city of Prague.