

Univerzita Karlova v Praze

Pedagogická fakulta

Katedra pedagogiky

DIPLOMOVÁ PRÁCE

**PŘEDSTAVY VYBRANÝCH ŽÁKŮ ZÁKLADNÍ UMĚLECKÉ
ŠKOLY O ZDRAVÉM ŽIVOTNÍM STYLU: STUDIE
PO DVOU LETECH**

**IDEAS OF SELECTED STUDENTS OF ELEMENTARY ART SCHOOL
ABOUT HEALTHY LIFESTYLE:
TWO-YEAR FOLLOW UP STUDY**

Bc. Petr Mach

Vedoucí diplomové práce: PhDr. Michal Zvírotsky, Ph.D.

Studijní program: Učitelství pro střední školy

Studijní obor: Učitelství všeobecně vzdělávacích předmětů pro základní školy a
střední školy - pedagogika - výchova ke zdraví

Praha 2015

Abstract

Ideas of Selected Students of Elementary Art School about Healthy Lifestyle: Two-year Follow up Study

Diploma thesis “Ideas of selected students of elementary art school about healthy lifestyle: two-year follow up study” builds on the bachelor work of the author.

The theoretical part tries to capture the essence of a healthy lifestyle in a holistic context and mentions some of its important factors. This part also offers a historical insight for a better idea of their connections and interrelations. It describes the field of Health Education in the National Curriculum for secondary education, gives examples of school education program in the specialization and minimum prevention program.

The practical part tries to show healthy lifestyle imaginations of the students in the age between 12 and 14. It presents qualitative research, including the respondents, whose selection was given according to the previous study. This part tries to give a closer insight to the imaginations of four children throughout detailed interviews about healthy lifestyles (nutrition, sport, leisure time, relationships, adolescence, mental health, life, future plans). It tries to find out their application in practice and to evaluate the level and source of their knowledge and skills.

It is shown, according to the interviews, that some children have been already shifted toward abstract thinking. In all four examples, students consider healthy nutrition and sport as the most important factor of their healthy lifestyle. Research confirms that there is insufficient interaction between theoretical and practical experience. This experience is based on information and experience transmitted mainly from home environment. And there is important influence of the media. The influence of the school tends to decrease with an age of the interviewed students.

Keywords: health, healthy lifestyle, elementary art school, follow up study