

Abstract

Background: This thesis deals with the issue of healthy lifestyle in the area of the Czech education system, especially from the point of view of anchoring the educational subject „Health Education “ within the educational program. The research part was realized through a questionnaire survey at four selected Prague primary schools and four eight-year grammar schools. The research group was consisted of 140 elementary school pupils and 136 pupils of eight-year grammar schools. After the evaluation of the questionnaire survey, a structured interview with one teacher on each of the schools was conducted and this information mapped their opinions to the subject of Health Education.

Objectives: The aim of the work was to map pupils' awareness of the areas from the subject „Health Education “, and where the pupils gained this knowledge. Then compare the acquired information within two types of schools (elementary schools and eight-year grammar schools). The work also compares the obtained information with the opinions of the teachers who teach the subject at selected schools.

Methods: A questionnaire designed for pupils of Prague primary schools and eight-year grammar schools was used to collect the data, which dealt with the subjects of „Health Education “. A semi-structured interview for teachers of elementary schools and eight-year grammar schools, on which a questionnaire survey was conducted, was used for a comprehensive view of the school subject „Health Education“.

Results: Research shows that „Health Education“ is just as popular with girls as boys and it is the subject that pupils are enjoying within the school. The topics from „ Health Education“ are discussed in biology lessons at eight-year grammar schools rather than at elementary schools. The above is related to the fact, that at 8-year grammar schools this subject is taught by biology teachers and teachers without approved Health education. The research also shows that teachers agree, that this subject should be included in the timetables of eight-year grammar schools and elementary schools; on the other hand, they are sceptical about teaching „ Health Education “ at upper secondary school. Teachers also agree, that the hourly subsidy for „Health Education“ is not high but sufficient.

Conclusions: Based on the results of the work, it is possible to see, how the subject „ Health Education “ is popular among the pupils and what is the attitude of teachers towards this increasingly evolving educational area.

Key words: health, healthy lifestyle, health education, School Educational Programme, Framework Educational Programme, health promotion program