

Abstract

Title: **Adaptation courses in grammar schools in Prague**

Objectives: The aim of this bachelor thesis is to map the situation at grammar schools in Prague considering the organization of adaptation courses, their length, venue, staffing and program content.

Methods: The examined group consisted of 19 grammar schools in Prague. The data collection was done by using electronic correspondence. As a research method was used an electronic questionnaire that contained 13 questions. The data was analyzed and evaluated by basic statistical methods. The graphs were used for interpretation of data.

Results: All of the grammar schools participating in this survey organize ski and adaptation courses. The adaptation courses every school includes outdoor activities in the nature in their program of courses of adaptation – especially games that focus on getting to know each other. 18 out of 19 grammar schools include games that develop communication skills and 17 grammar schools use games develop trust. 15 grammar schools include hiking and 13 grammar schools include rope obstacles. In every grammar school the staff consists of teachers of the specific class, 2/3 of schools arrange their courses in recreational use recreational centers with camp cabins and 1/3 in boarding houses. The most widely used form of boarding is a full board, which is used by 16 schools.

Keywords: adaptation, sports course, grammar schools in Prague, outdoor games, outdoor activities