

ABSTRACT

The bachelor's thesis deals with the motivation for physical activities of children of older school age. In the theoretical part, basic concepts such as motivation, physical activity, physical fitness and older school age are defined. Furthermore, the work divides motivation into internal and external. And also introduces the issue of children's motivation for physical activities. It defines the concept of need, which is closely related to motivation, and the concept of performance motivation. Subsequently, it presents the definition of movement and the importance of physical activities, from a social point of view and also from the point of view of health prevention. Last but not least, the work is also focused on the characteristics of the city of Svitavy and the possibilities of organized physical activities that the city offers. Briefly presents selected schools of Svitavy and their relationship to physical activities. The practical part is based on a questionnaire survey using the partially standardized MPAM-R questionnaire, which examines the strength of motivation and the strength of motives that stimulate to start physical activity. It also deals with the different results in the strength of the researched motives in the surveyed group of girls and boys, differences in the strength of motivation of sports-active respondents and sports-inactive respondents. Subsequently, it verifies the dependence of the level of physical fitness, which was tested in the 2022/23 school year by the Czech School Inspectorate, on the strength of motivation. The aim of the bachelor's thesis is to map the above-defined group of seventh grade students in Svitavy and to answer the research questions stated in the practical part of the thesis. The studied group consisted of 78 pupils of older school age, of which 49 were girls and 29 were boys. The level of motivation and all individual motives was higher in the tested group of boys than in the group of girls. For the group of boys, the power of motivates had an effect on their performance in physical fitness testing.

KEYWORDS

motivation, physical activity, older school age, physical fitness, Svitavy