

## **Abstract**

- Title:** The effect of social contact loss due to COVID 19 pandemic restrictions on physical activity level of the university students.
- Objectives:** The main aim of this work was to examine the evolution of physical activity and contact loss of the university students in Czech republic during the pandemic COVID -19.
- Methods:** Quantitative type of research using the reach technique of the questionnaire, which was made by research team of experts in psychology and sociology from several universities in Czech Republic, under the auspices of the Czech conference of rectors and the council of the universities. The research group consisted 4 426 respondents – active students of czech universities.
- Results:** The physical activity and the social contact have significant influence on quality of life of each person. COVID – 19 pandemic has affected them greatly. Respondents show, that during the pandemic there was a decrease in the regularity of physical activity. The most significant differences were recorded during the winter semester 2020/21, when the second wave of the pandemic was taking place. Social contact was limited due to protective measures in more than 64 % respondents.
- Keywords:** Physical activity, coronavirus, social isolation, mental health

