

Abstract:

Title: Regeneration in children's sports.

Purposes: The aim is to compare the recommendations literature from a for regeneration of younger school-aged children from with their actual practical application in sports. Another goal is to subsequently evaluate how families approach the regeneration of their children.

Methods: This bachelor's thesis is non-experimental in character. To obtain the required data, methods of literature search, an observation method, and a questionnaire method were applied to a set of 32 sports children aged 6-10 years. The data was processed in excel program in the form of graphs and chart.

Results: The conclusions of the questionnaire investigation were presented in the form of well arranged graphs and a chart and they indicate a sufficient transfer of the regenerative means recommended by the literature in children's sports into practical life not only in sports but also in families, personal life.

Key words: Relax, sport, children of younger school age, education, health.