

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. The most frequent means of regeneration was regeneration by movement.

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