

# **Abstract**

## **Title of the thesis:**

Self-efficacy of UK FTVS students for teaching health physical education

## **The aim of the thesis:**

The aim of the bachelor's thesis was to evaluate the level of self-efficacy or subjectively perceived competences and professional self-confidence of students in the final master's year of physical education at the UK FTVS in relation to the teaching of health physical education. The partial goal was to compare the results with previous research by Anna Šubertová (Šubertová, 2020).

## **Methods:**

For the investigation with the character of mixed empirical research, a self-constructed questionnaire was used to collect data, which was created on the basis of revising Šubertová's (2020) previous research instrument. The research was carried out in May and June 2023, with the participation of 68 respondents of the final year of the follow-up master's studies in Applied Physical Education and Sport for People with Specific Needs and Physical Education Teaching for Secondary Schools at the UK FTVS. The participants were represented by 30 men and 38 women in the age range from 23 to 35 years.

## **Results:**

Final year students do not perceive their competences in relation to the teaching of health physical education at a high level. Only 26.5% of physical education students feel completely competent to teach health physical education. A higher degree of self-efficacy among students of the ATVS-OSP was demonstrated.

## **Keywords:**

health physical education, self-efficacy, health physical education teacher, health physical education trainer, health impairment, physical literacy, health.