

Abstract (english)

This thesis focuses on the issue of non-participation of adolescents in physical education classes in secondary schools. The main aim of the thesis was to identify the causes of this phenomenon and to find possible alternatives that would lead to increased participation of students in physical education. The research combines quantitative surveys in secondary schools and qualitative interviews with selected students who show reduced activity in physical education classes.

The research suggests that the most significant influence on participation and enjoyment of physical education classes is the content of the classes, among other social factors.

Furthermore, the qualitative interviews revealed that secondary school students have a need to manifest their independence through the need for autonomy during classes, appeal for personal development and also manifest their autonomy by resisting authority. The interviews also highlighted the considerable fragility of identity during adolescence, with adolescents' identities being influenced by social judgements, the judgmental nature of society and pressure to perform.

The present paper comes up with recommendations that could help in designing school curriculum and modifying the school environment and teachers' approach to physical education classes.

Key words:

sport, physical education, juveniles, teenagers, secondary school, social background