

Abstract

Title: Attitudes of Outdoor Education Specialization Students at Charles University Faculty of Physical Education and Sport towards Adrenaline Sports.

Aims: The aim of my bachelor's thesis is to analyse the relationship of students specializing in outdoor education at the Faculty of Physical Education and Sport, Charles University, towards adrenaline sports or challenging activities and determine whether their attitudes have changed after choosing this specialization.

Methods: 83 students specializing in outdoor education participated in the research. An anonymous survey method was used. The survey was created on the Survio online platform and subsequently distributed via email or personal contact. The survey consisted of 19 questions, including 13 closed-ended, 3 semi-closed, and 3 open-ended questions. The resulting data were processed and evaluated using Microsoft Excel, and the subsequent values were inserted into pie charts and bar graphs and briefly described. All data obtained through this survey were used for the research results.

Results: The results of the survey showed that the overall attitude of respondents towards adrenaline sports is 75.9% positive. Except for one respondent, each of them had the opportunity to try adrenaline sports at least once, and 65.1% regularly engage in these activities. The vast majority of respondents (92.80%) would still like to try some other adrenaline sports in the future. 78.3% of students stated that their attitude positively changed after choosing this specialization.

Conclusions: The overall relationship of students specializing in outdoor education at the Faculty of Physical Education and Sport, Charles University, towards adrenaline sports and challenging activities is very positive. Many students reported a positive change in their attitude after choosing this specialization.

Keywords: adrenaline sports, student attitudes, personal development, comfort zone, experiential pedagogy, outdoor education