

## **Abstract**

**Title:** Mountain biking for school-aged children: methods for training trail riding techniques

**Aim:** The aim of this bachelor thesis is to create a basic overview of off-road cycling techniques for school-age children and to find out their current attitude towards cycling.

**Methods:** In this thesis, the research method and the questionnaire method were used. The main sources include professional literature, websites of key institutions such as UCI, Czech Cycling Union and others. An anonymous and voluntary questionnaire method was used to collect data. Children in 3. primary school in Chomutov were asked a series of questions.

**Results:** According to the questionnaire that I distributed on 3. primary school in Chomutov I found out that cycling is quite popular among children aged 7-15. Of the 108 pupils surveyed (2nd-9th grade), 75 (69 %) said that they ride a bike. There is an almost equal ratio of girls to boys (37:38). The majority of respondents (75 %) learned to ride a bicycle before the age of 6. However, the frequency of cycling varies, with only 31 % of children reporting that they cycle regularly. The most popular routes are cycle paths and other paved roads (55 %). Interestingly, there is also a relatively high number of children with other hobbies (92 %). Thus, the research shows that cycling has a considerable popularity in 3. Primary School Na Příkopech in Chomutov.

**Conclusion:** Considering the result of the questionnaire, it is clear that cycling is a popular sport among school-age children of both genders. Besides this sport, they do many other hobbies which is good for general physical development. Some children own a mountain bike, which is ideal in practicing off-road skills.

**Keywords:** mountain biking, cycling, cycling lessons, riding technique, trail riding