

ABSTRACT

Thesis title: Impact of the COVID-19 pandemic on children's athletics

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Objective: The objective of my thesis is to investigate the interest of younger and older youth in athletics during the COVID-19 pandemic through a questionnaire survey.

Methodology: A non-standardized questionnaire was used for the preparation of the bachelor thesis, which was mediated in printed form. Six randomly selected athletic clubs in the South Bohemia region were asked to cooperate. 82 athletes participated in the research. The questionnaire included 8 initial characteristic questions and 14 questions related to the COVID-19 pandemic and its impact on athletic training. The subject of the research was the motivation of youth to participate in sports during the pandemic and also the comparison of the opinions of young athletes from the South of Bohemia during the pandemic with the time before the pandemic.

Results of the Thesis: The results suggest that during the COVID-19 pandemic, young athletes missed the opportunity to participate in athletic training. More than half of the respondents engaged in exercise regularly for more than 30 minutes per day, even though 72 % of them had no online substitute from coaches. Motivation to train was mostly unproblematic according to the responses, and most respondents actively sought exercise activities online. Motivation from parents was also sufficient. Fitness remained unchanged for 60 % of the respondents and even increased for 18 % of them. Body weight also remained unchanged for half of the respondents and even decreased for some.

Keywords: younger youth, older youth, athletics, COVID-19 pandemic, motivation, questionnaire survey