

Abstract

Title: The use of gymnastics equipment in physical education teaching at secondary schools: Evaluation through a purpose-designed questionnaire

Objectives: The aim of the bachelor thesis is to determine, based on an evaluation questionnaire, whether and how physical education teachers in high schools use gymnastic equipment and what the condition of gymnastic equipment is in school gymnasiums

Methods: For data collection, a non-standardized questionnaire was used, which was sent via email to principals of high schools in the Central Bohemian region. The questionnaire is intended for physical education teachers, and filling out the questionnaire was done through the Survio website. The results were processed using the Jamovi application.

Results: It was found that the majority of high school teachers in the Central Bohemian region, specifically 118, or 99,16 % of respondents, incorporate gymnastics equipment into their physical education classes. Only one respondent stated that they do not use gymnastics equipment. The gender representation of the respondents was balanced, with 68 men (57,1 %) and 51 women (42,9 %). Teachers most commonly include equipment in circuit training, conditioning exercises, or warm-ups. The most commonly used equipment chosen was the jump rope by 75 respondents (63 %). In conclusion, 45 (37,8 %) respondents rated the equipment level as good only, while 51 (42,9 %) respondents said they are mostly satisfied and have an adequate amount of equipment in good condition. Only 8 respondents stated that changes are not needed, as they have enough equipment of various kinds and the equipment is in good condition. Only 8 satisfied respondents, who are not interested in changes, compared to 119 respondents, is a small number, so there is still work to be done.

Keywords: Gymnastics equipment; Gymnastics; Physical education in school; High school