

Abstract

Title: The status of physical education as seen by teachers

Objectives: The aim of this thesis was to analyze the perception of physical education (PE) by teachers at various types of schools. The work focused on the position of PE within the school education system and the influence that PE has on students from the perspective of teachers. The partial objectives included determining the position of PE in the education system compared to other subjects, evaluating the availability of exercise equipment and its impact on the effectiveness of PE teaching, analyzing the integration of PE into the school curriculum with an emphasis on its connection with other subjects, and assessing the support provided to PE teachers by schools, including identifying the main obstacles associated with PE teaching.

Methods: In the theoretical part of the thesis, a review of relevant domestic and international literature was conducted, defining key concepts, explaining the current state of physical education (PE), and summarizing the current state of research. The practical part focused on data collection from teachers of various types of schools from different regions. Quantitative research methods were employed, specifically a survey, which was pilot-tested and subsequently distributed among PE teachers. The data were analyzed using descriptive statistics, correlation, and regression analyses, which allowed answering the research questions and verifying the formulated hypotheses.

Results: The results of the study showed that modern technologies can significantly contribute to improving the quality of PE teaching. Furthermore, it was found that the availability of exercise equipment significantly affects the effectiveness of PE teaching. Surveyed teachers indicated that gamification elements are very effective in increasing student motivation and can lead to long-term positive habits and a healthier lifestyle. Despite the positive effects of integrating technologies, teachers often face a lack of technical support and training. The results also showed that digital technologies can contribute to the development of students' cognitive and social skills through projects that support teamwork.

Keywords: Physical education, modern technologies, school curriculum, physical activity, student motivation.