

Abstract

The thesis addresses the issue of low levels of internal motivation for physical activity among adolescents in physical education. A structured questionnaire survey using MPAM-R, which measures various aspects of motivation on a Likert scale from 1 to 7, was used to solve the problem. The research was conducted at two selected high schools, Gymnázium U Libeňského zámku and VOŠ, SOŠP a gymnázium Evropská 33, and included a total of 135 respondents.

Our research found that students differ in two categories, otherwise the level of motivation remains the same. The main finding of this study is that motivation for physical activities and parental support have a crucial impact on students' participation in physical education and their individual choice of extracurricular sports activities. Recommendations for schools include providing challenges and opportunities for skill improvement, fun and satisfying activities, emphasizing the health benefits of physical activity, and supporting team sports. These measures can help positively influence students' attitudes towards physical activities and improve their physical fitness.

Keywords

internal motivation, adolescence, physical activity, secondary schools