SUMMARY

This dissertation thesis focuses on the relation between body composition and selected life style categories of students at primary schools and gymnasiums in Ústí region. In order to find this relation, we used the data of 424 boys and 382 girls in age range 11,0 – 12,9 years in Ústí region that had been gathered in April and May 2009. The bioimpedance analysis through the use of Bodystat 1500 MDD was used for the body composition classification. The aspects related to the life style were found out using the questionnare of 6. National anthropological research. As for body composition, we have found, by means of the bioimpedance method, that a quarter of 11-12 years old children is overweight (14,9%) or obese (10,9%). At the same time we have detected a significant interdependence between the quantity of body fat and the amount of motoric activities carried out by children (boys: r= - 0,343, ES r^2= 11,7 %; girls r= - 0,329, ES r^2= 10,8 %). Another finding is the fact that boys spend as much time doing physical activities as girls. The average time spent doing physical activities is 7,9 hrs/week for boys and 7,46 hrs/week for girls. During the analysis of the interdependence between parents´ educational attainment and a child´s body composition we have also found out the significant relation (p=0,024, ES φ=0,451) between mother´s educational background and a child´s body composition. On the contrary there has not been any significant relations between parents´ educational attainment and the amount of children´s motoric activity in hours per week (mother p=0,951; ES η^2=0,0005; father p =0,658; ES η^2=0,0026). In conclusion we can state that it cannot be explicitly said that the ecological load from the past or the environment in Ústí region have an effect on the occurence of overweight and obesity, as well as the life style of 11-12 years old children. The occurence of overweight or obesity and childrens´ life style is similar to the same age population in other regions in the Czech republic.

Keywords: mean school age, school children, body composition, bioimpedance analysis, life style, motoric activity, Ústí region.