

Stanislava Straňavská

**TOURISM AND PHYSICAL ACTIVITIES
IN THE COUNTRYSIDE
IN THE LIFE STYLE
OF SECONDARY SCHOOL STUDENTS**



(Monograph)

Gaudeamus 2015

University of Hradec Králové

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The monograph was developed under the project VEGA 1/0758/14 "The intervention of playful activities to change attitudes of students to physical education"

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Text has not undergone proofreading for language and stylistic editing, author is responsible for each chapter.

ISBN 978-80-7435-625-4

ABSTRACT

STRAŇAVSKÁ, Stanislava, PaedDr.: *Tourism and physical activities in the countryside in the life style of secondary school students* [Monograph] / Matej Bel University in Banská Bystrica. Faculty of Arts; Department of Physical Education and Sports. Banská Bystrica: Faculty of Arts UMB, 2015. 78p.

This thesis examines the students' relationship to tourism and physical activities in the countryside in their free time. The aim of our research was to find out and analyze opinions secondary students in Humenne to tourism and physical activities in the countryside in their way of life. In the theoretical part of this work we clarified particular terms such as free time, tourism, physical activities, and adolescence. In the empiric part we focused on how secondary school students spend their free time, what sports they do, what kind of tourism they prefer, possibilities of tourism in their schools and as well as what physical activities they practice in the countryside. We used questionnaire for students and interviews with directors and physical and sport education teachers to get results necessary for this thesis. For processing and evaluation gained data we used quantitative statistic methods and qualitatively methods of analysis, synthesis, induction, deduction and comparison.

There were 531 secondary school students in Humenne, 3 directors and 11 physical and sport education teachers involved in our research. Gained information was processed on the basis of sex and place of residence of the respondents. Evaluated results were subsequently demonstrated in graphs together with described statistics. After statistical processing of gained data, we claim that relationship to tourism among boys and girls is not in the level of importance $p < 0.05$ of statistical importance.

Key words: free time, tourism, physical activities, secondary school students

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INTRODUCTION

Leisure is one of the basic human rights regardless of gender, age, race, sexual orientation, health status or economic status.

Pávková et al. (2008) understands leisure as part of human life that we do out of working time and include there the physiological needs of the individual, family care and children and other obligations. Kratochvílová (2004) sees leisure as a unique and important part of the lives of children, youth and adults - a man at any age.

Nowadays, when we are surrounded from each side by media is very hard to find free time for regeneration and relaxation. Adults free time often affects work, but on the other hand, children and young people can not spend their leisure time actively, which is why there is an increase of socio-pathological phenomena. To make children and young people spend their free time actively, has a major impact not only the family but also school. One of the best and most interesting ways to spend a free time is hiking. The sports activity also belongs to one of the fundamental physical culture, resp. the importance of sport in physical activities (Židek et al., 2004). Nature offers a wide range of possibilities for recognition, cultural, natural and historical sights. For most of the population is mainly hiking discovering the natural beauty and interests associated with nice and pleasant experiences. Hiking realized regularly has a positive effect on strengthening the physical and mental health, regeneration and relaxation of mind and body (Khandl, 2006). The content of hiking based on knowledge of the importance of physical activity in nature and positive impact on the human organism.

The work is divided into four main chapters. The first chapter defines the essential theoretical background related to our work. In second chapter we establish the goals, objectives and hypotheses of work. The third chapter focuses on the characteristics of the research group, the organization of research and also used research methods. In the last chapter we deal with obtained results. The results are presented in three subsections. In first and second subchapter we analyze the information from the questionnaires that were designed for high school and in the third subchapter we interpret the results of interviews with school principals and teachers of physical education. Acquired results we summarized at first, processed and subsequently evaluated in the individual charts. The goal was to identify and analyze opinions and attitudes of high school students in Humenne to hiking and sport physical activity in their way of life in nature.

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Year: 2015

Edition: first

Range: 78 p.

Impression: 100 psc.

Format: A5

Cover: Mgr. art. Zuzana Ceglédová

Vydalo nakladatelství Gaudeamus, Univerzita Hradec Králové jako svou 1565 publikaci.

ISBN 978-80-7435-625-4