

Outdoor vs. indoor - use of sports areas in the Czech republic

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ABSTRACT

The article deals with preferred sports environment for sports Czech population - from children to seniors. It is focused especially on the parameter of outdoor and indoor environment. The differences in the use of sports areas are noticeable according to the age, gender, season, weather, location, especially among children cycle of the school year (holidays) weekdays, weekends and others. The study points to the issue of multi-factor sporting activities of the general population and thus the use of the sports environment. First part of the study is based on the survey already implemented surveys on the Czech environment, so it is an analysis and analysis of secondary data. Second part concerns 50 focus groups with students (N=948) of Elementary Schools and Grammar Schools in years 2015 and 2016. Generally, there were Prague schools, eventually central Bohemian schools. The results from focus groups showed preferences of indoor activities among children and youth. Physical passivity was also mentioned, but very fashionable eSports. It does not appear that it would „only“ significantly improved conditions for sports - indoor and outdoor - were significantly higher and regular warranty of sports activities for children and youth.

KEY WORDS:

elementary school, grammar school, senior, sports areas, sport

SOUHRN

Článek se zabývá preferovaným sportovním prostředím pro sportovní aktivity české populace – od dětí po seniory. Zaměřuje se zejména na parametr outdoor a indoor prostředí. Odlišnosti ve využívání sportovišť jsou patrné dle věku, pohlaví, ročním období, počasí, lokality, zejména u dětí cyklu školního roku (prázdniny), všední dny, víkendy ad. Studie ukazuje na multifaktorovou problematiku sportovních aktivit běžné populace a tím i využívání sportovního prostředí. První část studie vychází z přehledu již zrealizovaných šetření zaměřených na české prostředí, takže se jednalo o analýzu a rozbor sekundárních dat. Druhá část šetření zahrnovala 50 focus groups s žáky (N=948) základních škol a gymnázií v letech 2015 a 2016. Zpravidla se jednalo o pražské, příp. středočeské školy. Z focus groups vyplynuly preference dětí a mládeže k indoor aktivitám. Byly též zmiňovány pohybově pasivní, ale velmi módní eSporty. Nezdá se, že by „jen“ významně vylepšené sportovní podmínky – outdoor a indoor – byly zárukou výrazně vyšší a pravidelné sportovní aktivity dětí a mládeže.

KLÍČOVÁ SLOVA:

základní škola, gymnázium, senior, sportovní zařízení, sport

INTRODUCTION

What kind of environment prefers Czech population across generations for the sport activities? Generally abroad studies suggest to the space, hence material conditions, as one of the necessary factors for the realization of sport and physical activities (Duncan et al., 2005; Jutras, 2003; Hume et al., 2005; Morrow, 2001; Pikora et al., 2002; Rütten and Abu-Omar, 2004; Timperio et al., 2004; Trayers et al., 2006). Sallis et al. (2000) defined five primary

determinants of physical activities: demographical and biological; psychological – cognitive and emotional; behaving and skills; social and cultural; external living conditions - spatial and material. Jürimäe & Jürimäe (2001) speak about ecological determinants, which ranks spatial and material conditions, security, climate conditions.

In the last years, conditions for mainly unorganized non-specific public gains importance in the Czech environment, because these conditions were for this

group of citizens for a long time underestimated. Especially in the time of socialism, organized activities were significantly preferred, and thus conditions for their management. Moreover, in recent years, it is increasing rather unorganized individuals engaged in sports at the expense organized

Fast every region within the bigger region or country has its own specific aspects caused by, among other things, historical, cultural, demographic developments, which are also reflected in sport and thus in sports infrastructure. Historical-sociological perspective is also quite substantial for sports facilities and must be approached with a certain degree of humility and respect. Novotný (2000) points to the fact that a substantial part of sports infrastructure was on today in the Czech Republic built between the years 1870-1945. Another specifications of sports infrastructure are determined by climatic and geographic conditions (ski centres, summer recreational areas, etc.), which of course brings outdoor and indoor preference.

In the last decades is a wide range of different outdoor activities, especially with a touch of adventure and risk (eg. bungee jumping, fetrock trek, skateboard, snowboard, snow kiting, freeride, freestyle). Otherwise it is usually quite financially expensive activities and usually very individualized and to some extent limited capacity, so we can not speak about any mass issues. Within indoor activities, the biggest “boom” in the last days noticed floorball, both in school and Physical Education, and outside it. Others are for instance squash, ricochet, badminton (sport is changing all the time, because it runs in certain „fashion waves.“).

While designing a space for physical exercise general population is important to consider the reasons, which people without regular fitness training states as limiting factor for their realisation. Mainly, they state these reasons: I do not have a time, there is a bad weather outside, financial limits, a do not know how, I do not have where, it is dangerous. On the issue of security alert Cihlár & Fiklík (2015).

Sport activities may be classified according to many views: season – summer, winter; environment – outdoor, indoor; number of people involved – individual, collective; organisation – organized, unorganized etc. The next important attribute of sport is its designation in terms of performance on the attainment, on the recreational, performing and top (or professional). We will be interested in outdoor and indoor environment, mostly within recreational and performative sports in our article.

There exist seven basic determinants, which sig-

nificantly define the sports infrastructure: economic, climatic, demographic, legislative and legal, diversification of physical / sports activities, higher demands from others. On the communal level is the political process very important factor of development and maintenance of sports facilities in the city (for example Houlihan & White, 2002). The next evidence we can state increased frequency of restoration of sports infrastructure, mainly including the opening ceremony, for the inhabitants of towns and villages connected with the election campaign of candidates to elected organs in the area.

We need to remind, that the basic problems, which limit “participation” of citizens to the realisation of physical activities, is their knowledge about these activities, and this is positively problem of education in the family or in the school, and the conditions, which is responsible the family, the school, but also the public administration.

General principles regarding the participation of Czech residents in physical activities in force in the Czech environment. Rychtecký et al. (2006) reminds at ambivalent participation of adolescents in sport – since very engaged in sports adolescents to physically inactive or sporting occasion. Furthermore, it was found that already in the category of 16-19 years, the involvement in organized form of sport is declining. Generally, the slight decline of sport preferences and physical activities was detected among youth in years 10-19, compared with the year 2000. On the other hand, a positive trend in loss of passive individuals not involved in sports and physical activities was detected, especially among boys. Among the confirmed participation of trends Youth (10-19 years) in sports and physical activities belongs (Rychtecký, 2006): greater inclination of boys to form an organized sport; higher participation in organized sports in urban settlements; bigger popularity unorganized activities in rural areas; higher attraction commercially oriented activities (dance studios, fitness centers) for girls; increasing popularity of exercise at home or with family members for girls.

According to Sigmund et al. (2003) are Czech adolescents more active in the natural locomotion – walking, which is raising up to 16-17 years old girls and 18-19 years old boys.

Problematics of sport and physical activities enhanced the fact that it is an „integrated“ social phenomenon, so fast all influences of our society enter it, that we can separate to two basic levels.

The first of them are de facto given, permanent attributes, such as demography (younger are more

sport-active than older ones), gender question (men are more sport-active than women), urbanisation (by adults commonly pays bigger sport-activity of city dwellers; among children is the situation relatively stable), education (higher educational attainment translates into greater participation in sport, the wealthier the individual, the usually more exclusive sport etc.

The second category includes changing societal attributes of type: financial crisis, financial demands of energy inputs, etc. While, according to research, in the Czech Republic pays great sensitivity to the price of entry to the sports facilities (monitored at swimming pools and ice rinks).

Adolescents often regards out of time as the greatest barrier to sporting activities (In this research, the lack of time was younger adolescents second most common barrier to their bigger sports activity) (for instance Flemr, 2009; Sigmundová et al., 2005; Slepíčka, 2000), what can be interpreted as the reason, which is generally most acceptable and is considered to be the external barrier.

What interests us the most, is where people sport most often, whether they prefer outdoor or indoor activities. The higher social status, the more important is the sport considered, and also people with this status devote to sports more. As more problematic thus appears people with basic education, workers, pensioners – seniors, and housewives

METHODS

The first part of study is based on a review of already completed surveys, focused on the Czech environment, so so it was the analysis and analysis of secondary data.

The second part of study concerned 50 focus groups – moderated discussion with students (N=948) in years 10-18, in the Elementary schools and Grammar schools (also multiannual) in years 2015 and 2016. From there results, 54% of boys and 46% of girls. The majority of these focus groups was realised separately for boys and separately for girls. These tended to be Prague, eventually central Bohemian schools. Focus groups with students were held before or after physical education classes (including actually non-exercising students; within hours of class inspections TV). Within those focus groups, questions were asked by interviewer, particularly on the sport area and sports interest of children. Students freely expressed or reported on these issues and the number of them were counted.

The last complementary method was the observati-

on of the five so-called Prague senior fields, during 2016.

LIMITS OF THE STUDY

Objectively it is necessary to admit, that that visited schools did not have the character of a representative selection, usually they were called Faculty schools (either official or unofficial status; there was Faculty schools of Physical Education and Sports, or the Faculty of Education, eventually Faculty of Science, all at Charles University), where students can fulfil pedagogical practice in the subject of physical education (and usually other subjects).

Otherwise, chosen schools should not be substantially limit of study, because the subject of interest was leisure activities of children, respectively where are these activities realised or where they would like to possibly realise them.

The main reasons were verification of previous results and deepening the acquired data.

In general terms, it can be stated, that there exist differences in using sports facilities, respectively areas for sports activities according to the age and gender. Some differences can be observed even by place of residence of the respondents – town, countryside. According to a lot of factors (season, already stated sports facilities, age, gender, financial demands, etc.), which relates to the visit of sports areas or fields designated for sport, here are only basic tendencies. Further difficulties arise from incompatibility of research studies in terms of various sports groups, typically offered in the questionnaire, etc. More detailed analysis is available in the below cited studies.

RESULTS AND DISCUSSION

By the youngest individuals - until the beginning of compulsory school attendance – are one of most used areas for physical activities outdoor playgrounds.

In the framework of compulsory physical education, children habitually more adapt to the indoor areas, and also by the influence of summer holiday and thereby dominance of the school year in the fall, in winter and in spring at the expense of summer, but also preferred „laziness“ of participants. In this case, indoor activities have certain advantage, they get bigger space for “introducing” by the general population. One of the problematic points of indoor activities in sports areas, typically in the context of school physical education, is the ventilation and the associated sufficient of fresh air. Minis-

try of Health Decree no. 343/2009 Coll. on hygienic requirements for premises and operation of facilities and establishments for the education of children and adolescents states, that the areas for the Physical Education and gym, in the facilities for the education and establishments for education and training needs, for its construction and technical conditions, to allow the implementation of physical education. These places must be ventilated; requirements for ventilation are modified in the attachment no. 3 to this Decree. The manipulation with ventilation openings must be reachable from the floor.

Annex no. 3 (Ventilation requirements on parameters of microclimate conditions) above decree specifies the number m³ supply of fresh air in the gym for 20 to 90 cubic meters in 1 hour. To one student (with regard to a specific use - according to the type of exercise capacity and gyms). In this Annex, is also mentioned required temperature in the gym - the minimum is 18°C, optimal 20°C, maximum temperature 28°C. It does not appear that these values were implemented in reality.

By the Czech younger adolescents according to Frömel et al. (2002), who dealt with the stability of preferences in the sports area, by 10-14 year individuals in 5-years longitudinal study with sports preferences, showed to be relatively stable, especially among girls. This survey was attended by 245 respondents (118 girls and 127 boys). Girls preferred (according to the order) swimming, dancing and ice skating (and inline skating). Boys preferred also swimming, sports games and also ice skating. While the girls were especially interested in physical activity recreational, non-competitive type - exercise with music, relaxation exercises, etc. Boys preferred endurance sports activities - sport in the narrower sense or fitness exercises.

Among boys and girls attending Grammar Schools in adolescent years (15-18), they use sports areas as follows (Jansa, 2015). The highest value reported boys 15-18 years in "large indoor areas" - 58,9%, then girls 17-18 years in 53,8%, then older girls - 52,3%. Second most visited area is "fitness center or gym", among boys 17-18 years (22,5 %) and in same year among girls (19,4 %), then follows girls 15-16 let (15,9 %). Very interesting is also item "exercising at home", which prevails among girls of both age groups 21,6% and 19,1% over boys. "Public areas" use respondents in the range from 5,7 to 6,8% of all ages. Other items are represented in the relatively low number of responses (in nature; outdoor are-

as - playground on the estate, swimming pools, ice rinks etc.).

Conditions for sports and physical activities in the place of residence found out Jansa (2015). The biggest value has the second item "It is quite good, who wants, will find an opportunity" by all ages and genders from 49,6% (17-18 years girls) to 52,6 % (15-16 years boys), the first item, "Very well, may be practically do everything", ranges from 23,3 % (15-16 years girls) to 27 % (17-18 years boys). We can see certain problems in the third and fourth item, "there is only a few opportunities" and "there is practically nothing," in terms of resolution of conotation importance, they are almost identical. If we associate those items, we get real percentages of around 20%.

Previous question complemented another question about whether respondents have an overview of the occurrence or termination of sports areas in their place of residence. Between years 15-17, boys and girls less than half claim that the number increased (47,4 % and 42,5%), in older category between 17-18 years 52,1 % boys and 58,1 %, girls. In item "It is equal" oscillates percentage value from 29,9% to 38,5%. Only a small portion of the file believe that some equipment disappeared.

Respondents commented also the question who wants to use these sports areas for exercising, should they all the associated costs cover by themselves. With this opinion agreed in 15-16 year boys 50% and girls only 42,3%. In older age groups then 52,1% of boys and 43,6 of girls, significant in $p=0,05$. It shows, that more than a half of files need support from the organization running these facilities or elsewhere.

Do you think, that the operation of sports areas should be paid by state (municipality) with a free access, especially for youth? There prevails an opinion, that operation of sports areas should be paid by state with a free access, especially for youth. Agreement higher than 60% gives boys of both age categories, girls gives higher values 8,9 % and 10,4 % than boys. Similar question: "Do you think that all costs for active sports should be paid state?"; respondents gave their answers in each age groups disapprovingly in the range of 72-76%. It shows, that 15-18 years old adolescent youth agrees with approximately 25% contributions from the state.

Sport should be primarily a source of entertainment, which is also confirmed. among boys, another view are performance motives. among girls again appearance motifs. Generally, it is possible to

submit, that if sport is too competitive for adolescents, what means too much pressure, they leave sport activities and they try to find another sport activity, which would be more attractive for them. On the other hand, they also leave because of the lack of excitement, challenges and others, and in the last but not least they want to be able to copy their sports idols.

Among the adult population of working age, on the basis of analysis of available studies it is possible to say, that in summer time, swimming pools and aquaparks are the most used areas for sports activities in natural environment (Rychecký et al., 2000; Slepíčka & Slepíčková, 2002; Zich et al., 1995). In winter time, ski resorts are frequently used. Among adults population genders, it is possible to observe the differences in active using of sports areas, as follows, which are connected with smaller sports activity of women in outdoor sports areas, in the contrary, their bigger sports activity in domestic conditions – in a flat or in the garden – compared with men. This statement is proven by very successful concepts exclusively for women's fitness and gyms (např. Havrdová, 2016), what concerns mainly the urban environment,

More illustrative for the need of sports infrastructure is the list of most running sports and physical activities of Czech adult population over the last month (state in the first place, Jansa et al., 2005): walking, other physical activities and cycling are on the first places by both of genders, and also in the front positions among all age categories. Following activities are mixed genders. Among women, follows aerobic, fourth place is swimming – bigger loss, gymnastics – callanetics, tourism, downhill skiing, jogging, cross-country skiing. Among men, the third is football, with bigger loss is fourth downhill skiing, then jogging, swimming, tourism, tennis, volleyball, gymnastics.

Intergenerational differences while active exercising or physical activities are the boldest in bigger share of spatial natural conditions by adult population, comparing with children and youth, which prefer “artificially” built sports areas (Jansa, 2002; Rychecký et al., 2000, 2006; Zich & Ungr, 1995), what is paradox with regard to the financial seriousness. One of them are gyms and Fitness centres, which are often visited by youth (Flemlr, 2009; Jansa, 2002; Jansa et al., 2005).

Universally ageing Czech population and new generation of seniors – for new generation of seniors, are beside antecedent generation characteristic higher activity and better health condition. Called

“the new senior” do similar activities as people of lower age with respect of the age and slower pace. That makes big demands to for leisure sports areas. “New senior” is in a contrast with previous generation more economically ensured, has higher financial income, what allows him greater participation in recreational areas. On the otherhand, the generation of “traditional seniors” still remain, they are less active, tend to the lower or no physical activity. The difference between rich and poor part of this age group rises (Kalman, 2005; World Health Organisation, 2003). Another significant fact which now clearly gaining importance is that appropriate physical activities, is able to largely reduce the age-dependent changes, therefore the effects of getting old (Newman et al., 2003; Seguin & Nelson, 2003; Spirduso, 1995). Observation of five Prague senior courts in attendance showed a superiority of women - older women over men seniors.

It may seem that top sporting events have little in common with the physical activity of the general population (The effect of higher sporting activity of the population after organizing a major sport events or big sporting success is only temporary and usually lasts for a short period in several months.). The citizens have essentially the only choice, and that is to visit sports matcg as passive sports consumers – spectators. However, probably mainly due to public opinion about organizing top sporting events in attractive coastal area of cities, often associated with certain restrictions for citizens, tourists and undoubtedly associated with high financial costs consequently provide „competitive“ areas or „medium“ (snow) for the sports activities for public. For example, at first for competitions for children and youth, then snow is (usually technical) moved to more suitable locality for sports of public. By this “gesture” the organizers and the relevant institutions, individuals, improve image among the public, especially that is not a fan of these actions. It can be stated, that in these days organizing top sporting events is becoming a pattern for the creation of making spatial conditions for sports activities to the general public, especially in larger cities.

One of the unquestionable tendency in recent years is therefore approaching of top sporting events spectators, ie. that many sports events are being moved from its first natural habitats directly into the urban area. In many cases, into the very center of the metropolitan regions or countries. This phenomenon refers to a large extent, especially in cross country skiing, which in recent years, is growing the share of sprint races compared to traditional

endurance in the World Cup. Moving these races to urban centers may be due to two main reasons - the already mentioned increasing number of a sprinter races and a greater marketing potential, which is closely associated with television broadcasts. However, the penetration of top sporting events to the centers of large cities is not only about cross-country skiing, but also for downhill skiing, so far only for example in the forms of exhibition in parallel slalom. Furthermore, we can eg. notice a large number of urban grand prix in F1 compared to previous years.

One of the major problems in the creation of the concept of building sports infrastructure - outdoor versus indoor, but also the strategy of sport propagation, are three completely different goals for sporting or physically active people. Current sport can be divided into three basic areas: sport with the aim of achieve the best performances („classic“ concept of sports performance); sport with a purpose of maintaining or enhancing health (especially relevant in middle age and older adults); sport as an active leisure time, experiencing extraordinary emotional states, experiences (fear, fear, excitement, etc).

Strong trends towards individual and disorganized sports, or rather the characteristics the current lifestyles require building another type of sports areas - unofficial sizes, freely accessible areas, than what was recently in the Czech Republic preferred. Generally, it is still valid critical evaluation of sports infrastructure for unorganized sports, which is in line with the previously highly preferred form of organized sports (Flemr, 2007; Zich & Ungr, 1995). Experiences especially from abroad shows that for the sport for the general public is often not fully suitable sports areas with official sizes designed for competitive sports. This can be documented, eg at the football fields where spontaneously usually does not matter 22 players to be able to play all over the football field (plus it's physically challenging enough for regular untrained individuals), athletic ovals - most candidates have probably rather go for a jog in nature, park etc.

The same goes for indoor aquatic complexes, where the tendency after more diverse family-oriented offer and other attractions than just the possible rectangular swimming pools from wall to wall, etc. Recreational cyclist also tended to give priority to „open terrain“ before the velodrome. On the other hand, the sports industry, which de facto require the official dimensions of the playing area for the practice of sport at all levels, it is mainly about

indoor sports (basketball, volleyball, handball, hockey, etc.), As well as tennis and table tennis. Even though even in these cases, there are many exceptions in various „variations“ of these sports - of Basketball at particular in the second half of the 90s of the 20th century many popular streetball (sufficient only for one basket and substantially lower areal dimension of the field), at various volleyball variations depending on the number of players („doubles“), according to various surfaces (beach on sand), after all, with a volleyball can be bouncing on the beach without a net, the same is true for example. in badminton. In addition, for us to penetrate also other new sports such necessary beach tennis, which can be played on the beach volleyball court. Difficulties in identifying and generalizations regarding to the visits to sports areas, is among others enhanced by one of current requirements for construction and operation of areas used for sport activities, namely the attempt for multisport and multifunctional use of these buildings or premises. Some sports are sometimes outdoor and other times indoor...

Especially in unorganized forms of sport are important in temporally and locally available attractive spatial and material conditions. It is very difficult to fully satisfy every individual, because today's variety of sports and physical activities is very wide. To a large extent it depends on fashion trends, so it pays among others into novel finding genuine solutions.

FOCUS GROUPS

From focus groups with children (10-18 years) in schools (elementary and secondary schools) confirmed the preference of indoor environments over outdoor in education, and leisure activities for children. While teaching physical education for the higher comfort of children (and possibly teachers); it is easier to practice sports games to competition, which usually take place in gyms and halls; greater variety of equipment in gyms (typically gymnastics); and of course, weather.

In case of possibilities, children would prefer indoor sports areas, which are – according their opinions, usually more „attractive“, „active“, „more interesting“ and other. Furthermore, children emphasize the quality of the sport that is very important for them. And especially girls drew attention to the environment cleanliness and also preference for indoor sports, because there „was so please do not smutch“ (eg. From clay, etc.).

It was shown that individuals sporting in organized form are willing to a high-quality spatial, material

equipment and coaching leadership of finish (or be driven by their parents or grandparents, of course, depended on the age of children and away sports), but the willingness of non-organized „spontaneous“ athletes in this is regardlessly limited. This finding is in direct line with previous findings (Flemer et al., 2010).

Most had been alerted to the fact of safety, respectively danger of traffic for some greater spontaneous sports activity. This was more interpreted by children from their parents side. As usual, as the biggest barrier of greater participation in sport was the most frequently placed lack of time, which is consistent with many studies (Flemer, 2009; Sigmundová et al., 2005; Slepíčka, 2000). It was found out that the vast majority of children is being transported by car to school by their parents.

Children would appreciate outdoor, but primarily indoor sports areas, which they visited somewhere else and they liked it. However, they admitted that they quite regularly would not do any sport (those who do regularly, besides while physical education). Imagining new and plentiful sports areas showed, that more children are doing sports, those who already sports enough, which is probably the most fundamental and not very positive findings from focus groups with children. Most of physically inactive children would not be beguiled in the longer term, nor improved their spatial and material conditions for sports conditions.

The new phenomenon of our time, especially among children and youth, are called e-sports. These have nothing in common with sports - physical activity. This is eg the game League of Legends (the largest gaming community in the world), in which runs a number of worldwide tournaments, including the prestigious championship Professional players of this game are from 2013 in terms of US visa policies seen as other professional athletes from the „traditional sports“.

CONCLUSIONS

It is being shown that children and youth in most of cases prefer sports activities in indoor areas. This preference is valid, both in free time, and in within school physical education. More concrete expression of relationship between outdoor and indoor sports areas would be misleading, because it depends on the given locality, age of individuals, their gender, actual weather and of course season, also other factors. These tendencies can also be seen at the top level of sport, in the form of a retractable

roofs in typical outdoor sports - soccer fields, tennis natural surfaces - and during matches or trainings in the various tunnels with snow, etc. On the other hand, it appears that „normal“ adult population in the Czech Republic continues to prefer sports in natural conditions - walk, bike, run. When we realize, among others for example financial costs for these types of sports, so we find out quite a paradoxical situation, namely that sport for children and youth is usually incomparably financially demanding due to the preference of indoor environment that is usually difficult to operate and maintain. It seems that actively operating leisure activities by moving can be divided into two basic groups: the performance-oriented individuals (number of run kilometers, time, etc.). a large share of entertainment including refreshments (rather unhealthy type).

The trend at this time is to use everyday physical activities, ie activities that need to be performed eg. On the way to work, for entertainment, shopping etc. These activities can represent and often represent the only regularly organized physical burdening for a substantial part of population, which at an appropriate adjustment can cover at least a portion of the current physical deficits.

For sports areas is the traditional problem of vandalism and legal responsibility for possible injuries, which at the right outdoor - somewhere in the countryside in essence, both these biggest risks are eliminated.

From the focus groups, among others. was showed that children who are already sufficiently active, in case of better and more abundant conditions for sport, even more active. Conversely, passive individuals would generally not be beguiled even better and more abundant conditions, whether of indoor or outdoor nature.

Excessive generalization is generally not valid, because what is true among girls during pubescence and possibly among women in the working age, compared with men, is already not the case for older women, who are generally more active than men, seniors, and especially within group exercises and training some group compositions of different type.

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