

# CONTENTS

<b>1 THEORETICAL FRAMEWORK.....</b>	<b>10</b>
1.1 Lifestyle and health.....	10
1.1.1 The concept of healthy lifestyle.....	10
1.1.2 Healthy lifestyle .....	12
1.1.3 Active lifestyle .....	14
1.1.4 Health as a term.....	15
1.1.5 Risk factors for health .....	20
1.2 Lifestyle factors .....	26
1.2.1 Physical activity .....	26
<i>The concept of physical activity .....</i>	26
<i>The impact of physical activity on health.....</i>	28
1.2.2 Nutrition .....	31
1.3 Leisure time .....	34
1.3.1 Youth leisure .....	36
1.4 Outdoor activities.....	38
1.4.1 Outdoor games .....	41
1.5 Developmental particularities of adolescence .....	42
1.5.1 Characteristics of adolescence .....	42
1.5.2 Adolescence .....	44
1.5.3 Adolescent personality development .....	45
1.6 The current state of research in Slovakia and abroad.....	40
<b>2 AIM OF RESEARCH, RESEARCH HYPOTHESES AND RESEARCH TASKS.....</b>	<b>48</b>
2.1 Aim of research.....	48
2.2 Research hypotheses .....	48
2.3 Formulate conclusions and give recommendations for practice .....	43
<b>3 RESEARCH METHODOLOGY .....</b>	<b>50</b>
3.1 Characteristics of the research sample.....	50
3.2 Research organisation and conditions .....	51
3.3 Research methods .....	52
Methods of obtaining research data .....	52
Methods of data processing, evaluating and interpreting .....	54
<b>4 RESEARCH RESULTS AND DISCUSSION .....</b>	<b>57</b>
4.1 Lifestyle as evaluated by the respondents .....	57
4.1.1 Analysis of lifestyle evaluation dependent on the selected variables .....	57
4.1.2 The differences between several important lifestyle factors.....	61
4.2 Outdoor activities among adolescents .....	68
4.2.1 Relationship between outdoor activities of the respondents and the selected variables.....	69

4.3 Impact of the physical education programme on students' lifestyle .....	70
---	----

<b>CONCLUSION.....</b>	<b>90</b>
<b>RECOMMENDATIONS FOR TEACHING PRACTICE.....</b>	<b>93</b>
<b>RECOMMENDATIONS FOR THE FIELD OF STUDY .....</b>	<b>94</b>
<b>LIST OF BIBLIOGRAPHICAL REFERENCES .....</b>	<b>96</b>