Active lifestyle and quality of life

Research focuses on two basic areas connected with the role of various forms of sport and movement activities in influencing psycho-social dimensions of quality of life. It deals with the individual and micro-social level (the individual, family, school class; research on the influence of movement on mental processes, self-concept, values, moral development, motoric performance, etc.) as well as the macro-social level (the analysis of the role of sport as a social phenomenon, the organization governance and ethics and integrity of sport, researching relationships of social stratification and participation into various kinds of movement activities). Special emphasis is put on disadvantaged groups in the population, such as children and youth, children with ADHD, persons with special needs, minorities, seniors, in relation to possible social exclusion. Further, this area studies the meaning of movement for the formation of life-style and for the development or preservation of movement and psychosocial skills that are necessary for the adequate adaptation of various groups in the population in changing conditions in society (e.g. the creation of positive value orientation in children and enhancing of quality of life of seniors) and creating a cooperative environment and the stimulation of social capital.

Selected outputs