

**Author's name:** mgr Bartosz Urbański

**Thesis title:** Preferable team sports and youth physical activity

**University:** The Jerzy Kukuczka Academy of Physical Education in Katowice

**Adviser:** dr hab. Dorota Groffik, professor of the Academy of Physical Education

**The objective of the research:** The purpose of the thesis was to diagnose the weekly physical activity of young people including their sex and preferable team sports. The relationship between sport and recreation preferences and weekly physical activity of youth aged 16 was determined. Due to the youth interest in team sports, the influence of the team sports on the implementation of the recommendations on youth physical activity was described.

**Methods and material:** 767 boys and 952 girls from junior secondary schools and secondary schools in Silesia Province participated in the survey. The diagnostic survey method was applied. "The Physical Activity Preferences Survey" (PAPS) questionnaire and 7-days physical activity IPAQ-Long questionnaire were filled by the participants by means of INDARES research platform.

**Results:** The results indicated a difference in sport and recreation preferences between surveyed girls and boys. Among the team sport disciplines most often chosen by the boys were football and basketball whereas among the team sport disciplines most often chosen by the girls volleyball and basketball were named. The differences were also noticed in the field of taking efforts of various intensity. The boys more often participated in activities of high and moderate intensity whereas girls preferred low intensity activities. Moreover, the participants whose preferable sport discipline corresponded with the sport discipline they practiced, more often undertook high intensity activities. What is more, young people who preferred team sports, to a greater extent implemented the recommendations on youth physical activity of moderate (M5x30) and low intensity (W5x30). They also constituted the majority of participants who undertook physical activity 7 days a week (PA7x60) and 5 days a week (PA5x60).

**Conclusions:** The physical education teachers should diagnose sport and recreation preferences of their students. This will allow them to plan an attractive and interesting physical education lesson which will include the preferable forms in the implementation of the curriculum.

**Key words:** physical activity, INDARES, IPAQ, preferences, youth.