

ABSTRACT

The aim: This thesis deals with the investigation and comparison of physical activity in physiotherapy students of Czech and Slovak universities. The aim is to map their activity and investigate the relationships between their activity and stress levels, sleep quality and general wellbeing.

Methods: It is a descriptive cross-sectional study, carried out by the already mentioned online questionnaire, which was in English. The link to the SURVIO.CZ website was distributed by the guarantors at universities. In the development of the questionnaire, existing questionnaires were used, specifically the *International Physical Activity Questionnaire* was used to address physical activity. For one faculty that participated in the pilot study in 2021, in which the questionnaire was tested, the results were compared with the current results. Statistically, the data were processed using means, one and two sample t- test or F-test in ANOVA. Chi square test and Pearson's correlation coefficient were also used.

Results: Women have been shown to be less satisfied with their mental health and to feel less in control of their lives compared to men. When subjectively assessing quality of life, significant differences were found between countries and universities. These results were consistent with the results of the questionnaire on sources of stress. The highest stress levels were reported by the students of CTU FBMI. There was a correlation between higher scores on the stress sources questionnaire and poorer sleep quality. Students from different faculties used different coping strategies for stress. 22 % of students of USCM in Trnava were overweight according to BMI. Regarding physical activity, there are differences within genders, states and universities in the frequency of performing different activities and the duration of one training session. The average number of steps did not exceed 10,000 steps/day. There was an increase in the number of steps/day for the students of the 3rd Faculty of Medicine who were compared with the pilot study.

Conclusion: Thus, the research showed a correlation between perceived sources of stress and sleep quality, differences in the use of stress management strategies, and differences in the duration and frequency of different types of activities.

Keywords: Students, physiotherapy, physical activity, stress

