

Abstract

Title: Measuring physical activities of older adults

Objectives: One principal objective is a systematical and perspicuous presentation of theoretical frameworks and general methodology concerning measuring physical activities in population, in the context and conditions of the Czech Republic, with special regard to physical activities of older adults. Another principal objective is presentation, survey and assessment of instruments and procedures which have in fact been adopted in particular published expert research in physical activities of older adults in the Czech Republic from 2008 to 2023.

Methods: Chief methods employed in this thesis are (1) research method, due to which the relevant sources have been found and gathered, and (1) analytic-descriptive method, due to which the gathered texts have been adequately processed by way of comparison and assessment.

Results: The outcomes of the thesis are: (1) synoptical overview of instruments and methods used in various researches in physical activities of older adults in the Czech Republic from 2008 to 2023; (2) analysis and assessment of these instruments; and (3) setting the surveyed studies within the appropriate strategical and theoretical frameworks.

Keywords: aging; health; quality of life; methodology; questionnaire; instrument