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Rekreacyjne uprawianie sportu w perspektywie samooceny umiejętności sportowych studentów

Recreational sport activity viewed in the self-assessment perspective of sporting skills by students

Abstract

Passive type recreational activities are dominating among Polish people. There are many causes of this state of affairs. One of them is either the lack of sports skills or a low level of such skills, which is often ridiculed and in consequence people fear sport related activities. This is why many people are discouraged to be active in sports during their free time.

The goal of this work is acquiring knowledge about the sporting skills level in the researched student of higher learning environment, which condition taking active part in physical.