

CONTENTS

Foreword	7
1. SOCIOLOGY OF LIFESTYLE	11
1.1 Introduction	11
1.2 Lifestyle as a sociological topic	12
1.3 'Lifestyle' or 'way of life'?	17
1.4 Sport as part of lifestyle	24
1.5 Lifestyle sports	33
1.6 Conclusion	38
2. SOCIAL VALUES IN SPORT	42
2.1 Introduction	42
2.2 Value stability a modifiability	43
2.3 Value state and trait characteristic	46
2.4 Value development and value education	47
2.5 Values in modern society	48
3. SPATIAL AND MATERIAL CONDITIONS FOR AN ACTIVE LIFESTYLE FOR ADOLESCENTS	54
3.1 Introduction	54
3.2 Problems of spatial conditions for sports activities	55
3.3 Spatial, material conditions and locomotion activity of adolescents ..	60
3.4 Spatial and material conditions for locomotion activities as a research topic	65
3.5 Results and discussion	67
3.6 Conclusion	74
4. MOTOR COMPETENCE OF CHILDREN WITH INTELLECTUAL DISABILITIES AND LOCOMOTION ACTIVITIES IN THEIR LIFESTYLE	82
4.1 Introduction	82
4.2 Characteristics of practically-oriented primary schools	83
4.3 Characteristic of pupils of practically-oriented primary schools ----	84
4.3.1 Characteristics of children with mild mental retardation ----	84
4.3.1.1 Personality specificities of children with mild mental retardation	85

4.3.1.2 Psychological characteristics of children with mild mental retardation	-----	85
4.3.2 Characteristics of Romany children, or children from an unstimulating socio-cultural background	-----	90
4.3.2.1 Specificities of Romany children and their relation to locomotion activities	-----	95
4.4 Problems of locomotion activities of children with intellectual disabilities as a research problem	-----	101
4.4.1 Characteristics of the sample surveyed and methods used	----	102
4.4.2 Data analysis	-----	103
4.5 Results and discussion	-----	103
4.6 Conclusion	-----	111
5. LIFESTYLE OF VISITORS TO FITNESS CENTRES	-----	116
5.1 Introduction	-----	116
5.2 Motivation of fitness centre visitors	-----	120
5.3 The lifestyle of visitors to fitness centres as a research problem	----	122
5.3.1 Methodology, research group, collection	-----	122
5.4 Results	-----	125
5.4.1 Basic indicators of the lifestyle of the regular visitors to the fitness centre	-----	129
5.5 Discussion and conclusion	-----	133
6. PASSIVE CONSUMPTION OF SPORT AS A PART OF LIFESTYLE	-----	138
6.1 Introduction	-----	138
6.2 Sports spectatorship as a part of free time	-----	143
6.3 Passive consumption of sport and free time as a research problem	-----	147
6.4 Results and discussion	-----	148
6.5 Conclusion	-----	155