

Streszczenie pracy w języku angielskim

The doctoral dissertation titled “Determinants of Physical Education Class Choices and Leisure Physical Activity Among Students of Adam Mickiewicz University in Poznań” focuses on analyzing factors influencing students’ physical activity and their decisions regarding physical education (PE) classes. The first chapter introduces the research problem and defines the study’s objective: to examine students’ motivations, barriers limiting participation, and preferences regarding forms of physical activity. Chapter two presents the theoretical foundations of the research, discussing physical culture, determinants of human motor skills, and the influence of genetic and environmental factors. The third chapter contains a literature review, analyzing the existing knowledge on motivation, barriers, and social factors impacting students’ physical activity. Chapter four addresses research methodology, outlining the research plan, tools, sample, and data analysis methods. In the research section, presented in chapter five, surveys and interviews were conducted with students. The findings indicate that primary motivations are health, fitness improvement, and social integration, while the main barriers are time constraints and limited access to sports facilities. The conclusions, included in chapter six, suggest recommendations for the university regarding strategies to promote a healthy lifestyle among students.