

## Summary

**Introduction:** In the course of physical education classes, not only teaching and mastering various forms of motor abilities play a significant role, but also it is important to provide and acquire information. People doing exercise behave rationally only on the condition that they will understand and learn the essence of care of their body. Therefore, intellectualization of physical education comes down to potential motor skills and physical activity going hand in hand in forming a system of attitudes, which will guarantee focus on maintaining health and fitness throughout the whole life.

**The aim of the thesis:** First aim – heading at assessing the effectiveness of reaching goals concerning program knowledge in the process of physical education from the perspective of: the didactic activities of teachers and the three year long education process; the level and scope of knowledge obtained by the students; the knowledge acquired and remembered by the students in the course of the lesson; program knowledge specified in the documents; conditions such as: gender, school year, physical as well as sports and recreational activity.

Second aim – in relation to physical education was supposed to display: the tendency (lack, excess) in the scope of knowledge passed on by teachers as well as conditions of knowledge specified in program documents, which in turn, due to a few reforms in the educational system was subject to many changes and amendments.

**Materials and methods:** The research was carried out among students of high schools in Cracow, their physical education classes and program documents. The main research method was a diagnostic survey and the comparative research method in the longitudinal variant, whereas auxiliary methods were categorized group observation and the analysis of documents. Such data collecting instruments were used: physical education knowledge test, categorised observation form, a Sports and Recreation Activity questionnaire / MVPA questionnaire, as well as a survey intended to assess the real intentions of a teacher.

**Results:** The knowledge of young third grade high school students in regard to physical culture is insufficiently low and it does not depend on gender. The research showed a lack of sufficient knowledge of students after 3 years of learning. The level of knowledge remains average which leads to the conclusion that physical education teachers do not fulfil one of the objectives of the lesson. The conducted research indicates also that there is a significant statistic correlation between physical activity and the students' level of knowledge.

What is more, it was observed that the teachers do not inform students about knowledge specified in the topics and the specific objectives of the lessons, whereas information is presented in a selective way and on a low level. Passing on knowledge concerning physical culture comprises only 1,4% of all the activities carried out by the teacher in the course of physical education classes. On the other hand, the analysis of the content of program documents showed that significant changes carried out over the years focus on moving the accents to health.

**Conclusions:** The effectiveness of the intellectualization process in physical education is low, whereas the level of mastering instrumental knowledge by the youth does not give most of them sufficient basis to independently pursue physical activity.