

tries. The aim of this study was to compare the level of floorball skills and motor abilities of children in the U-11 - U-14 age category at floorball clubs in the Czech Republic and Australia.

Methods: The players from FBŠ Slavia Pilsen clubs (Czech Republic) (n=18; 12.1y±1.0; 155.4cm±10.6; 44.7kg±12.1) and Peninsula Floorball club (Australia) (n=18; 12.7y±1.0; 160.7cm±12.0; 53.2kg±11.6) participated in this study. To compare the tested groups, 6 items (3 motor abilities, 3 floorball skills) were used from the test battery prepared by the Czech Floorball Association for the given age category.

Results: In motor abilities, a statistically and substantially significant difference was found only for one item (Illinois agility test without stick). In floorball skills, a statistically and substantially significant difference was found for all of the tested items. Only for one criterion of the Shooting test, namely the time required for performing the task, the difference was not statistically significant, and substantial significance reached only a medium effect.

Conclusion: The presented results clearly indicate the different level of floorball skills between the Czech and Australian floorball players in the age category tested by us.

Key words: Floorball skills, motor abilities, international comparison, Czech Republic, Australia

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Evaluation of the “Historical Healthy Routes” project from the city of Toledo (Spain)

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Abstract

Introduction: Sedentary behaviour is one of the main factors for health, while active transport has been revealed as one of the best options to increase physical activity levels. Due to the need of promoting active commuting in urban settings, initiatives are necessary to promote active

commuting in the urban environment. The research group “Physical Activity Promotion for Health” (PAFS), from the University and Castilla-La Mancha (Spain), designed and implemented the Historical Healthy Routes project in the city of Toledo. **Aim:** This project aimed to: (1) know about sociodemographic data, perceptions and habits of the participants; (2) assess the impact of the project; (3) analyse participants’ satisfaction after participation. **Methods:** The project sample comprised 596 participants aged 3 to 81 years. A self-reported questionnaire (scientific-based and created ad-hoc for this project) was administered before and after the routes. Descriptive and inferential statistics were assessed by using SPSS statistical programme. Significant level was set at $p < 0.05$. **Results:** A final sample of 558 participants aged 8 to 81 years old (53.9% females) was included for final analysis. Around a half of the participants reported to do physical activity for 2 to 4 days/week and most of them indicated to do it either for 30 to 60 minutes/session or for 1 to 2 hours/session. They also presented a positive self-perceived health status score of more than 75% in half of the cases. With regards to satisfaction levels, most of the participants marked the highest score in a 5 points likert scale (63.8%; $\bar{x} = 4.35$). **Conclusion:** The Historical Healthy Routes were found to be an enjoyable and suitable activity for all participants, including disabled. More programmes of this nature should be designed, in all countries, to combat sedentary behaviour. It may be an attractive experience.

Keywords: Physical activity, urban environment, active commuting and Historical Healthy Routes

Indoor triathlon, a new alternative to promote the practice of physical activity

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Abstract

The low levels of physical activity in the population make the promotion of exercise a necessity in our society. Within this paradigm, the Indoor Triathlon sport-modality emerges as a new alter-