

## **ABSTRACT**

The thesis is focused on passive and active forms of regeneration of athletes. The first part summarizes the theoretical knowledge about the different forms of regeneration and its use for both sportsmen and non-sportsmen. There are also mentioned factors which influence sports performance and affect it negatively. At the end of the theoretical part there are 10 selected sports that will be used in the research.

Practical (research part) compares the information obtained from professional athletes and athletes who devote themselves to recreation, with general recommendations on the use of regeneration.

The work is primarily intended for athletes and their trainers to achieve better performance and results thanks to regeneration, but can also be a guide for wide (non-sporting) population.