ABSTRACT

Title:

Comparison of the movement activities of soldiers of different organizational units

Aim of assessment:

The aim of this master thesis is to compare the level of movement activity of soldiers from the profession of different professional orientation. The partial aim of the thesis is to determine the level of physical activity within individual organizational units.

Methods:

Achieved results of the questionnaire survey show that the selected organizational units have a high level of physical activity, resulting from the evaluation manual of the IPAQ questionnaire. Respondents from the 41st Mechanized Battalion reached an average of 6,358 MET-minutes per week. Respondents of the 26th Regiment of command, planning and research reached an average of 5478 MET-minutes per week.

Key words

IPAQ, Physical Load, Army of the Czech Republic, Military group