Abstract

Title:
Comparison of tests endurance of the annual examination of czech soldiers in physical training

Goals:
The main goal of this work is to compare the values of heart rates during the running test for 12 minutes and 300 metres swimming test. We are mostly interested in the results of subjects, who will accomplish the tests according to standards of the Czech army.

Methods:
Comparative pair study was realized with 14 subjects, students of Military physical education at Charles University. Every volunteer, who participated in the testing, accomplished two physical tests: 3000 metres of running and 300 metres of swimming with a week-long distance between them. Heart rate changes were recorded during the tests.

Results:
It was confirmed that there were significant statistical differences between the two tests considering the measured heart rate.

Key words: army, testing, heart rate, fitness measurement, swimming, running