

Abstract

Title of the thesis: Use of CrossFit elements to develop the strength and endurance abilities of the general population.

Objectives of the thesis: Based on literary research and own experience, prepare a design of an interventional movement program with CrossFit elements aimed at affecting the strength and endurance abilities of a group of men from the general population.

Methods: The research method of professional literature was used in this thesis, especially collection, sorting and evaluation of relevant information. In proces of searching for information, I drew from professional books, scientific articles, studies or websites dealing with the researched topic. I searched for electronic publications on the following servers: Web of Science, Scholar Google, SportDiscus, PubMed.

Results: Based on information from the professional literature, I have come to believe that CrossFit training has the potential to develop both strength and endurance abilities, as well as aerobic fitness or change body composition. The result of the thesis is a theoretical design of a seven-week interventional movement program with CrossFit elements, which is aimed at developing strength and endurance abilities. It is intended for a group of adult males from the general population in the age range of 21-30 years.

Conclusion: From the literary search, it seems that an adequate amount of daily movement is enriching a person in many aspects, but I consider as the main ones, its beneficial effects on our health, both physical and psychological. Due to the modern lifestyle, daily physical activity and thus the physical fitness of the population is increasingly reduced, as a suitable compensation for a sedentary lifestyle, is shown as a suitably set movement intervention program. CrossFit training is one of the intensification methods, it is symptomatic of the higher intensity of physical activity and serves for the complete movement development of a person. If the type of movement program is set up appropriately, it can be used to increase the level of physical fitness. The CrossFit program brings many benefits, but if it is not adequately set up or is technically implemented poorly, so it may also introduce the risks. From my point of view, the combination of CrossFit methodology with classical strength and endurance training methods seems to me to be the most appropriate version for the needs of the general population. The limitation of this work can be considered that it is only a literature

research, the suggested intervention program is only a theoretical model. Other limitations are the higher demands on the erudition of the coach and the sufficient experience of the exercisers for injury prevention.

Keywords: CrossFit, strength training, endurance training, physical fitness, hypokinesia, movement, civilization disease, diagnostics