

Abstract

Title: Determination of leg tuck performance standards for the needs of the Army of the Czech Republic

Goal: The aim of this study is to determine performance standards for the leg tuck exercise, which is part of the proposal for a new physical examination.

Method: Standardized testing was used to determine the performance standards. Subject of 702 soldiers from 3 different units was tested. The 3 units were 44. Imopr Jindřichův Hradec, 25. plrp Strakonice and 14. plogp Pardubice. Soldiers were tested regardless of their age or gender. The aim for every soldier was to perform as much possible repetitions of leg tuck as possible. All this in accordance with predetermined rules. One of the main focuses was to abide the rules of standardized testing, which mostly means to meet the conditions of validity and reliability. The testing took place from January to April 2021. Subsequently, the results were analyzed, and performance standards were set. The results did not meet the normal distribution of data, so the setting of standards using the appropriate statistical methods had to be abandoned. Because of that, panel of experts was created, who set performance standards based on the results provided by the researcher.

Results: The result of this bachelor's thesis is the determination of performance standards for soldiers participating in the professional examination of physical training, thus for soldiers serving in the ground and air forces. The established standards do not differentiate between age and gender, because the professional examination of physical training does not respect these differences. The content of the bachelor's thesis are the final standards set on a four-point scale, but the thesis also contains various alternative scales that can find their use. The reason for not meeting the normal data distribution was a high number of 0 in the results. Specifically, 30.91% of the 702 results were 0. when distributing the results according to individual units, the normal distribution of data was still not met. The average age of soldiers was 34.1 years, the percentage representation of women was 8.55%.

Keywords: profession examination of physical training, Army Combat Fitness Test, strength testing, physical fitness.

