

## **Abstract**

**Title:** The Influence of the Basic Training of Soldiers on the Growth of Their Physical Performance

**Aim:** The purpose of this work is to find out and verify in practice whether the basic training in the Armed Forces influences favourably the growth of physical performance, and to suggest possible changes in the system of the basic military training that lead to increase its efficiency.

**Method:** The objects of the monitoring were the basic somatic indicators (height, weight and BMI) and tests of physical performance (running for 12 minutes, free style swimming for 300 metres, sit ups in 1 minute, push ups in 30 seconds, repeated pull-ups and a jumping - acrobatic exercise).

During the basic training, the soldiers were tested by a test battery, which combines six motoric tests used in annual physical testing. The results of all individual tests were processed statistically and further analyzed.

**Results:** The research has showed that a three-month basic training influences positively the growth of the physical performance of soldiers. I have noticed an increase of physical performance, even though the basic rules of sports training theory concerning the nutrition, hygiene, regeneration and recuperation had not been kept.

I can claim that soldiers who have gone through this demanding training are physically able to fulfill demanding tasks that are awaiting them in the professional army.

**Key words:** basic training, physical preparation, increasing the physical performance, sports training theory.