

Abstract:

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Title: Application of athletic training methods in fire fighter sport

Objectives: The aim of this final thesis is to describe the possible use of athletic training methods for athletes in fire fighter sport, to describe as accurately as possible the development of the most important skills for the performance of fire fighter sport and to describe the basic disciplines of fire fighter sport.

Methods: In this work, descriptive-analytical methods resulting from available literature and professional articles on the topic of athletics and fire fighter sport are used.

Results: The result of this work is a document that summarizes the description of fire fighter sport and the possible use of athletic training methods in the training process of athletes performing fire fighter sport.

Keywords: fire fighter sport, athletics, sports training, training methods