

# **ABSTRACT**

## **Title:**

Endurance skills and their testing in a military: a systematic review

## **Aim:**

This thesis aims to create an overview of the frequency of tests used to test long-term, total and dynamic endurance in military personnel based on a systematic search of scientific publications.

## **Methods:**

A systematic search method was used to create this bachelor thesis, based on a referred selection of items according to PRISMA recommendations. After defining the research question and objectives of the thesis, a search script was constructed through predefined keywords in the bibliographic and citation databases Web of Science, Scopus and PubMed. Studies that met the predefined criteria were used for data processing and subsequent synthesis. Lastly, studies underwent a methodological quality assessment.

## **Results:**

The most commonly used test evaluated was the 3.2 km run, which included 44 of the 131 studies included in this systematic review. This is primarily due to the numerous representation of studies from the USA and their Army APFT test. The next most frequently used test evaluated was loaded marching, which may have a more significant transfer to the military context. The most common distance was also 3.2 km, found in 19 of 131 sources, with a relatively diverse range of loads (15 – 44.7 kg), with the most represented load for this distance being 25 kg, used four times.

## **Key words:**

military, army, soldier, endurance, test