

Abstract

Title: The influence of specific fitness training on the annual physical examination of logistician soldiers

Objectives: This thesis aims to explore if the controlled hours of endurance-oriented physical training three times a week for the period of two months have more positive results on the soldiers' endurance part within the yearly control tests of the annual examination of professional soldiers than the individual physical training.

Methods: A questionnaire method was used to gather primary data and information. The questionnaire aimed to obtain comprehensive information about the physical training and preparation for the annual physical examination of professional soldiers. The information was further used for a subsequent research based in the Deployable Forces Support Battalion in Rakovník. A sample of professional military probands was randomly selected from those interested in participating in this research. The input data were the results of the entrance examination of the research participants, which took place before the start of the intervention. The intervention group subsequently participated in an exercise program where the main content was to increase endurance abilities. The control group prepared themselves for the annual review. At the end of the intervention both groups underwent an exit review from which the results of the endurance component of the annual review were examined. These were compared and analysed using essential statistical characteristics.

Results: As a result of the controlled hours of physical training, endurance skills were more developed in the intervention group. A statistical difference was demonstrated in the results of the intervention and controlled groups at the exit examination. The result proves a higher success rate for the intervention group at the annual physical examination

Keywords: Army of the Czech Republic, endurance skills, Cooper test, soldier, physical examination, physical preparation