

## **Abstract**

**Title:** Motor testing of women in foreign armies: a systematic review

**Objectives:** The thesis aims to create a quantitative review of motor tests used to test women in the military based on a systematic search of scientific publications.

**Methods:** For the development of the thesis, the systematic review method was used following the PRISMA recommendation, which provides specific guidelines for conducting systematic reviews in the field of sports science. In order to construct the aim and research questions of the thesis, a search script was constructed according to the predefined keywords. According to the established script, the search was conducted in the citation and bibliographic databases Scopus, PubMed and Web of Science. Studies that met predefined criteria were used for data processing and subsequent synthesis.

**Results:** The tests designed to assess physical fitness were divided into three categories based on the type of movement abilities. These were endurance tests, strength tests and tests of residual movement ability. The most common motor tests related to endurance ability were the 3,200-meter run, the 2,400-meter run, and, with equal frequency, the 1,600-meter run and the 270-meter run. Of the motor tests related to strength abilities, sit-ups and push-ups were the most frequent, with two-time limits lasting one or two minutes. In the last category used to test the remaining movement ability, short-distance runs (30 and 40 meters) were most frequently used, followed by functional movement screening and agility.

**Keywords:** women, performance, testing, military.