

ABSTRACT

Title: The use of outdoor environment in crossfit training

Objectives: The main objective of the thesis is to find out whether CrossFit practitioners include sports that can be performed outdoors in their training or competition preparation.

Methods: In my bachelor thesis I used quantitative research. The quantitative research was primarily focused on determining the extent to which outdoor sports were used and integrated into Crossfit training in a broad sample of exercisers, whether they were competitors or "recreational" enthusiasts. A total of 126 respondents completed the questionnaire.

Results: A total of 126 respondents completed the survey. The survey showed a 67 % success rate associated with outdoor sporting activities. This type of activity is practiced several times a week by 46.6 % of respondents. Athletics was the most frequently chosen activity, receiving 56.7 % of the vote. 80.6 % of respondents who participate in outdoor activities plan to continue doing so. Among the 33 % of respondents who do not currently participate in outdoor sports, they most often do not have the time or are not interested in these activities.

Conclusions: This thesis investigated the rate of outdoor sport use in CrossFit exercisers. The research showed positive results as more than half of the respondents participate in outdoor sports. The majority perceived outdoor sports as a form of psycho-hygiene rather than a full-fledged part of their training. Despite this, interest was expressed in developing a methodology that would exclusively serve the effective use of outdoor sports in CrossFit training.

Key words: CrossFit, athlete, outdoor sports, complex training