

## **Abstract**

**Aims of work:** A primary aim of this work is finding and description of present state of service physical preparation conception of policemen in a Regional Head Office police. Another aim is to summarize and introduce some methodical recommendation for its implementation depending on enforcement of policeman's activity and on contemporary legal regulations of service physical preparation of policemen. To make easier an access to the information in this area due to this step and to propound a relatively brief and trustful source for responsible police officials. They could realize from this source of information an overview about this questions and apply the realized findings while planning and realizing a service physical preparation.

**Method:** This work is specialized on accumulation and analysis of all accessible documents in first, theoretical part. These documents refer to realization of service physical preparation at Czech National Police, subsequently on policeman's activities analysis of Regional Head Office of Czech National Police. The work is specialized on fulfilment of research by using the method of questionnaires, mutual comparison of legal regulations concerning the implementation of service physical preparation at Czech National Police, analysis of policemen's activities compared to factual situation of service physical preparation proven in questionnaires in second, practical part. Based on these steps follows composition of methodical recommendation for scheduling and realization of service physical preparation of policemen on Regional Head Office of Czech National Police.

**Results:** It was found out, based on analysis of valid regulations and evaluation of questionnaires, that service physical preparation of policemen working on Regional Head Office level of police isn't carrying out in an organized way at present. There isn't reliably diagnosed a sufficient level of physical capability of policemen that is steady insuring safe and high-quality service on concrete function and even a level of physical efficiency of policemen.

**Key words:** conception, physical preparation, physical efficiency, tests of Czech National Police members