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Title of master gen thesis: Determination of efficiency standards of testing on the CISM obstacle course.

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Abstract

Objective: To determine efficiency standards of physical performance testing of career soldiers of Armed Forces of the Czech Republic performed on the CISM obstacle course.

Methods: Standardized testing and successive determination of standards were used. Equivalent-interval scale which is characterized by constant measuring unit was also used. Due to this scale parametric methods were used to determination of standards: arithmetic average, determinative deviation and median.

Results: The result of this thesis is a determination of performance standards of career soldiers of Czech Armed Forces for testing purposes while using CISM obstacle course. Standards are set for both men and women categories and for purpose of professional physical performance testing. These standards are provided in two variants. The first variant is specified for type A and B units and the second variant is specified for type C units. Standards for given category and variant are additionally divided according to dress and gear which is used during testing as follows:

- BDU (battle dress uniform);
- BDU, backpack and assault rifle SA-58;
- Czech Army physical fitness dress.

Key words: International Military Sport Council (CISM - Conseil International du Sport Militaire), motor abilities and skills, special physical training, obstacle course CISM, physical performance testing.