

Abstract

Title: The Fitness Training for the Fire Sport

Objectives: The aim of this bachelor's thesis is to make fire sport popular. Regarding the fact, that in our days it still ain't widespreaded in our republic. Because of its on going progress it offers a wide range of sport activities for almost all age group.

The main goal of this bachelor's work is to present the idea, that without a well organized fitness exercise no sufficient results can't be achieved in this branch. Which is also the main reason, why fitness trainig is an inseparable part of a fire sportman's preparation.

Method: Gaining the information from literature, from the racers, couches and a theoretical analysis of the information.

Results: The result of the bachelor's work is to describe the development of the fire sport from past till present days, its disciplines and a material provision, the summary of the results of the Czech fire sport at the international background, the summary motoric requirements the fire sportsman and the schedule of the fitness training of their the fire sportsman.

Keywords: fire sport, conditional preparation, motoric skills