

Abstract

Title:

Compensation exercises with officers of the Police of the Czech Republic

Problem Definition:

Physical training is an essential part of business training. It forms an integral part of training every riot Police Czech republic, as well as such. specialized police training, tactical, shooting, health, psychological preparation, etc. Severity of physical training on ZJ, which is largely approaching the preparation of elite athletes should be understood across the spectrum of current knowledge and the inclusion of compensatory exercises should be an integral part of it.

Aims of the thesis:

The aim is to determine the current status of the implementation of compensatory exercises with officers of the Police of the Czech republic (ZJ). A practical reason for this research is the assumption that the implementation of compensatory regular exercise helps improve overall physical preparedness members ZJ, a significant aspect due to the expensive and time consuming education of a new member of these units.

Overall bachelor thesis should contribute as a basis leading members of the Police presidium of the Czech republic and the individual regional headquarters who are responsible for training these units.

Participants:

The sample consists of 80 members of officers of various regional directorates of Parliament at the age of 25-53 years.

Used methods:

Theoretical work with descriptive-analytical and compilation method using a questionnaire was also used for data collection unstructured group interview.

Keywords:

Emergency unit of the Police of the Czech republic, compensation, muscle imbalance evalvacni questionnaire.