ABSTRACT

TITLE OF THE WORK

Physical preparation for the military part of the talent exam at Military Department of the Faculty of Physical Education and Sport in Prague.

DEFINITION OF THE PROBLEM

It is necessary to pass the special physical exam to be admitted for studying at Military Department. The content of this exam is significantly different from other physical activities and the preparation for it may cause several problems to the candidates.

MAIN GOALS

The main goal of this diploma thesis is to create a package of the exercises used for improving technical and fitness part of the performance primarily in the military part of physical exam.

PLAN OF PROCESSING

After extensive research of the available documents the package of the exercises will be created.

KEYWORDS

Army Physical Fitness, Rope ladder climbing, Load carrying, Special Physical Preparation