

ABSTRACT

Title:

Physical proficiency of military department students at Faculty of Physical Education and Sport, Charles University

Aim of assessment:

Aim of this bachelor's thesis is to find the level of physical proficiency the students of military department have, using the standardized test battery UNIFITTEST 6-60.

Method:

Bachelor thesis has theoretically-empirical character. The method of quantitative research was used, where the form itself was the experiment. Research sample was made of 14 students of military department at Faculty of Physical Education and Sport, Charles University. Characteristics of the set were given by descriptive statistics, where for the evaluation of measured values, the arithmetic mean, median, maximum and minimum were used.

Results:

Using the basis of measured values of chosen research sample, we can conclude, that overwhelming majority of tested subjects reached the physical ability of "above average" and "distinctly above average" in comparison to results of the study included in the manual of test battery UNIFITTEST 6-60.

Key words:

UNIFITTEST, 6-60, physical ability, military department, Czech army