

Abstract

Title: Analysis of general and specific physical conditioning tests in youth Nordic skiers and biathletes.

Goal: The goal of thesis is judge the validity of individual general and specific physical conditioning tests in 2012, 2013 and 2014 and compare this way the youth categories in Nordic skiing and biathlon.

Methods: From the test results of general and specific physical conditioning tests and results of the czech cup youth ranking as an index fo achievement in Nordic skiing and biathlon we did a correlation analysis to figure out the extent of dependence.

Results: With the help of correlation analysis we came to the conclusion that the tests in biathlon show stronger correlation to achievement than tests in Nordic skiing.

Keywords: Nordic skiing, biathlon, czech cup ranking, youth - male, female, correlation, coefficient, test sets, achievement, prediction, train-ability