

## **Abstract**

**Title:** Analysis of improving the physical fitness of rescue brigades and services

**Cíl práce:** The aim of this thesis is to analyze the physical fitness of firefighters ambulance Fire and Rescue Service based on the results of physical tests of individual firefighters for a period of five years.

**Objective:** In this thesis werw used data from regular physical tests Fire Rescue Service. Data were standardized and subsequently evaluated using graphs and T-test.

**Results:** On the basis of the analysis were verified by three hypotheses. Neither of them has not been confirmed. Compared to the expected improvement in physical abilities, the opposite happened, or to their decline. Compared with the general population, they did not reach all members of the Rescue Service of the population average.

**Key words:** physical fitness, rescue brigade, firefighters, physical tests, analysis