

## **Abstract**

### **Title: Evaluation of a fire sportsmen's motor productivity**

**Objectives:** The aim of this work was to find out a motor performance of youngsters fire sportsmen who took a part in The Czech Republic championship of fire sport in 2015, and to verify whether the teams whose members have better general motor quality had also better special productivity and whether they take front place of the competition.

**Methods:** In my diploma thesis I applied a monitoring and a testing method. Motor tests were applied on chosen teams from all over the Czech Republic that took a part in The Czech Republic championship. These were teams of youngsters of voluntary fire brigades from Kamenec u Poličky, Jablonec nad Jizerou, Bludov, Oznice, Michálkovice, Žebnice, Kostomlátky and Kvasiny. The testing involved female teams of youngsters from Kamenec u Poličky, Střeziměř, Horní Lánov, Těškovice, Jarcová and Bozkov. By means of motor tests the preconditions of chosen teams were detected. I chose four tests – a 50m running, a shuttle running 4x10m, a long jump from a spot and a stamina in a pull-up.

**Results:** On the ground of data that I gained and the following analysis it is obvious that the success in the fire sport does not depend only on motoric preconditions but also on other sections of the training. In particular motor tests the best team among youngsters was the one from Oznice, whose results were: a long jump from a spot 269 cm (determinant variation 23, 64 cm), stamina in a pull-up 85, 2 s (determinant variation 11, 26 s), 50 m running 6, 4 s (determinant variation 0, 35 s). In shuttle running the best was the team from Michálkovice, whose average result was 9, 4 s (determinant variation 0, 42 s). The best team among girls youngsters in a long jump from a spot was from Bozkov – the average result 209 s (determinant variation 3, 45 s), in 50 m running the best was the team from Horní Lánov – the average result 7, 6 s (determinant variation 0, 28 s), in a stamina in a pull-up the team from Střeziměř – the average result 20, 9 s (determinant variation 4, 17 s) and in a shuttle running 4 x 10 the best team was from Jarcová – the average result 10, 5 s (determinant variation 0, 41 s). In the category of boys youngsters the best team was from Oznice, that was on the 3rd place in The Czech Republic championship, and the worst team was from Jablonec nad Nisou, that was on the 12th place. The best assessment of the girls youngsters got the teams from Horní Lánov, that was on the 4th place in The Czech Republic championship, and from Jarcová, that was on the 5th place. The worst was the team from Těškovice, that was on the 8th place.

**Keywords:** fire sport, motor preconditions, motor tests