

Abstract

Title: Physical fitness verification of the members of FRS

Objective: The goal of the thesis was to compare the results of the members of FRS CR in Cooper test with the results of physical fitness verification. Partial goal was to separate the members of HZS ČR into two groups according to the type of verification they choose – running or swimming and to compare these groups with the norm based on the Cooper test.

Methods: In the thesis there were used data of the physical tests, which are verifying the physical fitness of the members of the Fire Rescue Service of the Czech Republic and the statistics of rescue activities. Next the members of FRS CR were subjected to a Cooper test and the data were then standardised and evaluated.

Results: Based on the analysis two hypothesis were verified. First hypothesis was confirmed, second declined (disproved). All tested members in the Cooper test achieved physical fitness above the population standard. Better results in the Cooper tests achieved the group, which chose for physical testing.

Keywords: training, competence, firefighter, condition, testing