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Title of master thesis: The basic preparation for physical training in the Czech military

Department: Department of Military Physical Training

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Abstrakt:

Goals: To analyze the current state of basic physical preparation according to individual military units. To suggest an unified concept for the basic preparation of physical readiness to meet the requirements of the professional military.

Method: Phase I.: The data has been obtained through the thorough analysis of all available documents and their comparison. Phase II.: Pilot survey using a detailed questionnaire with open answers (qualitative data). The sample included 18 respondents.

Results: The result of this master thesis is an overview of the current state of the legal form that regulates the execution of physical preparation at the ACR. The gathered results and findings show that there are many shortcomings in the state of basic physical preparation. We outlined a concept how this can be improved.

Key words: Basic physical preparation, concept, physical preparedness of a soldier, survey with open questions.