

## **Abstract**

**Title:** The Influence of five kilometre accelerated movement on the Shooting Precision

**Objectives:** The objective of my thesis is to explore the influence of the endurance load in the form of five kilometre accelerated movement on the shooting precision. Based on the results, each respondent will be evaluated individually and then the group as a whole.

**Methods:** It is an empirical study. In order to identify the statistical significance, the precise singlechoice T – test was used. The comparison methods were used to evaluate the point total and shoot average. Sporttesters were used to diagnose the heart rate and all the results were processed in the Microsoft Office Excel programme.

**Results:** The measured figures show that the heart rate has a statistical influence on the shooting accuracy. The results also show that the shooting precision of individuals with a high level of physical fitness is not influenced by the endurance load as much as that of individuals with a lower level of physical fitness.

**Keywords:** shooting weapon, endurance, army of the Czech republic, heart rate