

## **Abstract:**

**Title of thesis :** Cryotherapy is opportunity for the regeneration of sportsmen

**Goal of the project :** To map and compare information of cryotherapy center and places that provide cryotherapy application in the Czech Republic. If there is a regulary and properly train information of cold effect for body and prove to provide. On the basis of this is determination the quality of information giving to clients and experience of sportsmen clients at information about influence of cold and this procedure. To find out how the method is used and whether are conditions an fulfilled.

**Methods :** For research I use an exploratory method. The collection of dates was executed by public inquiry and questionnaires POMS. The getting dates of particular items was evaluated by qualitative method.

**Results :** This reseach charted cryotherapy centres in the Czech Republic.

There was established professional skill specialists served in each of all questionnaire cryotherapy centres. However safety of the clients is provided in part only. The clients should have to udergo medical examinations. But these ones are not realised in some of them. The results of this rescach is cryotherapy centres and sportsmen are deficiency information. The results of questionnaires POMS confirmed players feelings are positive after cold application.

**Key words :** Thermotherapy, treatment of cold, cryotherapy, cryogenic,