

Abstrakt

Name of the Project: A proposal of thematic units of basic physical training in the Armed Forces of the Czech republic

The aim of the Project:

The aim of this project is to provide an overview of the thematic units of basic physical training, to evaluate their content and to create a new program design based on findings.

Methods: The required information was obtained from the available literature, legal rules and other sources focusing on this topic. After evaluating of the key findings, I chose the appropriate thematic units of particular sport disciplines and I created their new program designs and guidelines.

Results: The results suggest that there is a need for legislation amendments within the framework of the military physical training. To reach this, my recommendation is proposed.

Key words: service physical education, basic physical training, programs.