

ABSTRACT

The work deals with the analysis of selected anthropometrics indicators members of the military unit of the Castle Guard. These indicators are: skin thickness measured at four part in the body posture and the level of performance in the annual examination of physical training. Is complemented by a survey, investigating the relationship of soldiers to physical activity.

The theoretical part describes the military department of the Castle Guard, measurement of skin fold thickness, posture assessment, but also the structure and content of the physical training of the Army of the Czech Republic.

The practical part contains a methodical workflow and finally analyzes the data Based on the analysis results we developed recommendations for managers concerning the components of physical performance which should be focused on in the training lessons. The results show that most of the soldiers are in the normal range (average) values of subcutaneous fat. Nevertheless, more than 10% of soldiers were found above-average amount of fat in the subcutaneous layer. Posture has almost 90% of the tested men was good, but the horizontal axis misalignment arms was confirmed in 78% of tested men. Changes in assessment disciplines annual examination of physical training in 2011 may also be the cause of the distribution of results between the different levels of assessment, leading to a normal probability distribution. As a positive relationship was evaluated for physical activities for more than half of the respondents. Conversely, almost three quarters of probands were not encouraged to physical activities in childhood.

Keywords: Castle Guard, posture, skin folds, callipers, physical activity, leisure time, annual examination, physical training.