

ABSTRACT

Title: Attempt for identification of the influence of nonspecific condition training on state of organism with recreational sportspeople.

Goals: Verification of nonspecific sport activity on general condition part of recreational sportsperson.

Methods: The method used for verification of nonspecific sport activity on general condition part of recreational sportsperson was testing.

The tested people underwent three tests during their participation in training units twice or three times a week in the period of two months.

Our effort was to create same conditions for all the tested people to fulfil each task so that the results were not influenced by different conditions.

Results: The program we chose showed a possible way to improve general condition parts. More than a half of the tested people improved during the testing period, however, the improvement was very little in the short time of two months.

Key words: Bootcamp, BMI, well-being, trend, test