

Abstract

Thema works: Use of athletic training equipment in fire sport

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Aims:

The aim of this work is based on a questionnaire survey to determine the use of special introductory athletic training and other resources in fire sport for both professional and volunteer firefighters.

Methodology:

The data that was necessary to write a thesis, I have gained through non-standardized anonymous questionnaire created for both professional and volunteer firefighters competing in the sport.

Results:

The results of the thesis is confirmed by survey (n = 95 respondents, n = 36 professional firefighters and n = 59 volunteer firefighters), the athletic training resources are in fitness training fire sport used for both professional and also volunteer firefighters. In total 80% of respondents classified in fitness training athletic training exercises.

Key words: fire sport, fitness training, speed, strength, endurance, coordination, agility