Abstrakt

Title of the work: Effect of aerobic and anaerobic activities load on soldier

Goals: The aim of this work is to find out and to compare the effect of aerobic activities load during 12 minutes of modified running in the aerobic zone, anaerobic activity load during 4x 10 m and 10x 10m and the results of measuring without any physical load in a research group of soldiers on the ability of assembling the sub-machine gun type 58. The partial goal of this work is to find out the effect of speed focused training soldiers on the anaerobic activity load in comparison with the soldiers of long-distance focused training.

The research group: The research group is made by 14 students of Military Physical Education at the Faculty of Physical Education and Sport in Prague.

Methods: During the data collecting there were used the methods of descriptive analysis. By the comparative technique we tried to investigate the statistical importance of the effect of aerobic and anaerobic activities load on the ability of assembling the sub-machine gun type 58. Some measuring were used to check the soldiers during 12 minutes running and to find out the resting heart rate by using of sporttestr.

The results: The recorded data can show us a big effect of anaerobic lactate activity load on the human mobility. All the 14 testing soldiers showed deteriorating results in the ability of assembling the sub-machine gun type 58 in comparison with the testing without any physical load. There were also recorded better results during testing of anaerobic alactate activity load in a research group of speed focused training soldiers. 6 from these 9 soldiers could show even better results during assembling the sub-machine gun type 58 in contrast to testing without any physical load.

Key words: aerobic load, anaerobic load, activity