

Abstract

Title: Influence of physical demands on shooting accuracy with hand-operated weapon.

Objectives: Aim of this thesis is compare how physical load, present by Burpee motor abilities test, aplicate on selected group of soldiers influence their shooting accuracy from pistol in stand up position with bouth hands grip at standing target. Aggregate of twenty test subjects is comosed of policemen from Department of protect and escort Military police Prague and students from VO at FTVS UK in Prague.

Methods: For statistical data processing we used the method of comparison and comparison of averages. To determine statistical significance, we used two-tailed, paired t - test. For the evaluation targets, we used numerical method for detecting mean point of impact.

Results: The measured data were processed statistically, it was found that physical activity has statistical effect on the shooting accuracy, while standing and with both hands grip, from pistole in the first group (MP). The second measurement work out similiary, which mean physical exercise has statistical effect on the shooting accuracy, while standing and with both hands grip, from pistole. Furthermore, we found that the greatest influence on shooting accuracy after physical exertion realized by Burpee test, have the individual level of fitness and form of exercise. In trained individuals who combine running and fitness, the dispersion of shots after exercise appeared to be less than in individuals who are mainly engaged in fitness, where the dispersion of shots significantly increased.

Keywords: shooting with hand-operated weapon, shooting accuracy, Burpee motor abilities test