

Goals: Goals of this thesis was to determine informedness and exploitation of the regeneration procedures at the assault police units in Czech Republic and eventually in foreign special units. Next goal was deeper and more comprehensive review about possible regeneration procedures. With aim to document these newly obtained informations and present them to the police units as trustworthy for next use. This part was aimed to ease the access to the policemen to the informations in this area, to outline the advantages and encourage them to the use of the regeneration procedures, to protection of health and for increase the effectiveness of the preparation for their demanding work.

Method: For determination of the use of regeneration procedures at police assault units we have used questionnaire method. Questionare has been sent to the seven assault police units in Czech republic and to the four foreign special units in European Union countries.

Results: Results shows that most demanding activity is physical training, most frequent injuries are injuries of the extremities and joints. Mostly used regeneration procedures are sauna and massage. There is also clearly seen informedness and attitude of policemen to the regeneration procedures. Possible use in assault police use is proposed.

Keywords: regeneration, regeneration procedures, sport performance improvement, nutrition, police assault units