

## **Abstract**

**Title:** Application of athletic training methods in fire fighter sport

**Objectives:** The aim of this work is to describe fire fighter sport, its disciplines and suggest of possible application of athletic training methods in fire fighter physical preparation.

**Methods:** In this thesis were used the methods of analysis and explanation of literature and scientific articles which are focused on athletic and fire fighter sport.

**Results:** Results of this thesis is description and development of fire fighter sport and conditioning components that are key components in fire fighter sport performance. Possibilities in integration of the selected athletic training methods in the training process of a fire fighter.

**Keywords:** athletics, fire fighter sport, sport preparation, condition, methods