

Abstract

Title: The value of regeneration in the process of physical education of selected members of the Czech Army

Objectives: The main aim of this study was to determine the attitude to physical recovery of soldiers of the Honor Guard of the Czech Army.

Methods: Quantitative research was conducted by a survey. Collected data was obtained using an electronic online survey which was created on the Google Forms platform. The data collected from 85 active respondents were then analyzed.

Results: The data that was obtained by using an electronic online survey indicates, that 90.6% of all respondents use some kind of regeneration treatments. 81.8% of respondents use a combination of sauna and steam, which is the most used regeneration procedure. 41.6% of respondents use regeneration procedures several times a week and 32.5% of respondents use regeneration procedures at least once a week. 51.6% of respondents consider the term regeneration as a complex concept that includes sleep, rest, recovery of the body after physical activity, targeted use of regenerative procedures, energy recovery and an essential component of the physical training process.

Keywords: regeneration, professional physical education, Army of the Czech Republic, Honor Guard