Abstract

The persistence hunting involves the long-term pursuit of prey in typically hot and arid environments until the animal becomes exhausted and is overtaken. This hunting method played a significant role in the evolution of the genus of *Homo* and led to many adaptations for endurance movement, namely running. This work explores the adaptations necessary for utilizing this type of hunting as a subsistence strategy. It first focuses on thermoregulatory adaptations that occurred in the evolution of hominins and how they may be applied in hunting strategy. It further addresses adaptations associated with oxygen transport, for which information from modern endurance athletes has been primarily utilized. The aim is to determine which morphological and physiological factors play the most important role in success, and then to describe the influence of genetics and training on endurance. Lastly, the work focuses on the topic of female hunters and the likelihood of their participation in persistence hunting. It also investigates significant adaptations in women that could have provided an advantage for this type of hunting.

Key words: persistence hunting, evolution, *H. erectus*, thermoregulatory adaptations, sweating, VO_2max, woman the hunter