

Abstract

Title: The effect of an intervention exercise program on the physical fitness of unfit soldiers in the 142nd Klatovy repair battalion.

Objectives: This thesis examines the effect of a selected intervention program on professional soldiers who do not reach the set standards during the annual physical fitness test. Other sub-goals can look for connections between the established intervention program, the development of endurance abilities and the influence of selected physical parameters.

Methods: Content analysis, measurement, methods of mathematical-statistical analysis, comparison, analysis and synthesis were used in this work.

Results: The results of the work show that the influence of the selected intervention program is not automatically positive. For more than half of the soldiers, the intervention program did not lead to meeting the standards, even though their physical fitness may have improved.

Keywords: Physical activity, Army of the Czech Republic, intervention program, endurance skills