

Abstract

Title: Comparison of the physical fitness of an 18-year-old population with the results of an international biology program

Objectives: The aim of the work is to compare the physical fitness of the current 18-year-old male population based on VO₂max results with data measured within the framework of the International Biological Program (IPB) in the 1960s and 1970s in the former Czechoslovak Socialist Republic.

Methods: Comparison of the results of two studies.

Results: The data obtained from the study carried out in 2023 and the subsequent comparison with the results of the study from 1970 in the framework of the comparison of values of maximum oxygen consumption per kg of weight (VO₂max) testify to a significant decrease in the general physical fitness of the 18-year-old male population.

Keywords: International Biology Program, 18-year-old male population, maximal oxygen consumption