

ABSTRACT

Title

Physical education and physical training systems in the armies of European countries.

Purposes

The aim of this thesis is to identify the anchoring and stability of physical training in selected European armies.

Methods

Using a questionnaire survey, I gained information on selected European armies. I asked 40 soldiers from foreign armies by email. The questionnaire included 21 questions, of which 11 were open-ended and 10 were closed-ended. Questionnaires were collected by application Google forms that allows creating and managing questionnaires. Although the research results can not be quantified, due to the topic of research and opportunities to conduct the research I have chosen a quantitative method of data collection and specifically a questionnaire survey.

Results

They compare physical training systems in European armies. The results show differences between systems. The results show that the selected European armies have a very similar system of physical education and agree with most of the criteria examined.

Key words

Physical education system, physical preparation, army, Czech army.