

Literatura

- Abt, J. P., Sell, T. C., Lovalekar, M. T., Keenan, K. A., Bozich, A. J., Morgan, J. S., Kane, S. F., Benson, P. J., & Lephart, S. M. (2014). Injury epidemiology of U.S. Army Special Operations forces. *Military Medicine*, 179(10), 1106–1112. <https://doi.org/10.7205/MILMED-D-14-00078>
- Alvar, B. A., Sell, K., Deuster, P. A., & National Strength & Conditioning Association (U.S.) (Ed.) (2017). *NSCA's essentials of tactical strength and conditioning*. Human Kinetics.
- Amos, D., Hansen, R., Lau, W. M., & Michalski, J. T. (2000). Physiological and cognitive performance of soldiers conducting routine patrol and reconnaissance operations in the tropics. *Military Medicine*, 165(12), 961–966.
- Barclay, W. (1998). *Směřujte vzhuru: Výklad Listu Koloským*. Evangelická církev metodistická.
- Beal, S. A. (2010). *The Roles of Perseverance, Cognitive Ability, and Physical Fitness in U.S. Army Special Forces Assessment and Selection*. Army research inst for the behavioral and social science Fort Bragg NC Scientific Coordination Office. <https://apps.dtic.mil/sti/citations/ADA525579>
- Bullman, T., Schneiderman, A., & Gradus, J. L. (2019). Relative Importance of Posttraumatic Stress Disorder and Depression in Predicting Risk of Suicide among a Cohort of Vietnam Veterans. *Suicide and Life-Threatening Behavior*, 49(3), 838–845. <https://doi.org/10.1111/sltb.12482>
- Bullock, S. H., Jones, B. H., Gilchrist, J., & Marshall, S. W. (2010). Prevention of physical training-related injuries recommendations for the military and other active populations based on expedited systematic reviews. *American Journal of Preventive Medicine*, 38(1 Suppl), 156–181. <https://doi.org/10.1016/j.amepre.2009.10.023>
- Buzková, K. (2006). *Strečink: 240 cvičení pro dokonalé protažení celého těla*. Grada.
- Caron, R. R., Wagenaar, R. C., Lewis, C. L., Saltzman, E., & Holt, K. G. (2013). Center of mass trajectory and orientation to ankle and knee in sagittal plane is maintained with forward lean when backpack load changes during treadmill walking. *Journal of Biomechanics*, 46(1), 70–76. <https://doi.org/10.1016/j.jbiomech.2012.10.004>
- Čelikovský, S. (1990). *Antropomotorika: Pro studující tělesnou výchovu [3. vyd., 1990] (3. přeprac. vyd. Praha, 286 s. 1990.)*. Státní pedagogické nakladatelství.
- Dovalil, J. (2008). *Lexikon sportovního tréninku*. Karolinum.
- Dretsch, M. N., Neff, D., Caserta, R., Deagle, E., Hoge, C. W., & Adler, A. B. (2020). Rates of Behavioral Health Conditions and Health Risk Behaviors in Operators and Support Personnel in U.S. Special Operations Forces. *Psychiatry*, 83(4), 358–374. <https://doi.org/10.1080/00332747.2020.1768787>
- Drouin, J. M., Valovich McLeod, T. C., Shultz, S. J., Gansneder, B. M., & Perrin, D. H. (2004). Reliability and validity of the Biodex system 3 pro isokinetic dynamometer velocity, torque and position measurements. *European Journal of Applied Physiology*, 91(1), 22–29. <https://doi.org/10.1007/s00421-003-0933-0>
- Ellenbecker, T. S., & Cools, A. (2010). Rehabilitation of shoulder impingement syndrome and rotator cuff injuries: An evidence-based review. *British Journal of Sports Medicine*, 44(5), 319–327. <https://doi.org/10.1136/bjism.2009.058875>
- Foran, B. (2001). *High-performance Sports Conditioning*. Human Kinetics.
- Grier, T., Anderson, M. K., Depenbrock, P., Eiserman, R., Nindl, B. C., & Jones, B. H. (2018). Evaluation of the US Army Special Forces Tactical Human Optimization, Rapid Rehabilitation, and Reconditioning Program. *Journal of Special Operations Medicine*, 18(2), 42–48.
- Harman, E., Han, K.-H., & Frykman, P. (2001). *Load-Speed Interaction Effects on the Biomechanics of Backpack Load Carriage*. ARMY RESEARCH INST OF ENVIRONMENTAL MEDICINE NATICK MA. <https://apps.dtic.mil/sti/citations/ADP010991>
- Hawking, S. (2016). *Slavnostní řeči na Oxfordské univerzitě*.

- HP Optimization. (2019). HPRC. <https://www.hprc-online.org/total-force-fitness/tff-strategies/human-performance-optimization-moving-left-bang>
- Huang, T.-W. P., & Kuo, A. D. (2014). Mechanics and energetics of load carriage during human walking. *The Journal of Experimental Biology*, 217(Pt 4), 605–613. <https://doi.org/10.1242/jeb.091587>
- Cha, M., Häkkinen, K., Pihlainen, K., & Kyröläinen, H. (2013). Comparison Between Direct and Predicted Maximal Oxygen Uptake Measurement During Cycling. *Military Medicine*, 178(2), 234–238. <https://doi.org/10.7205/MILMED-D-12-00276>
- Christie, C. J., & Scott, P. A. (2005). Metabolic responses of South African soldiers during simulated marching with 16 combinations of speed and backpack load. *Military Medicine*, 170(7), 619–622. <https://doi.org/10.7205/milmed.170.7.619>
- In Afghanistan surge, soldiers negotiate complex web of local loyalties. (2009, červenec 7). *Christian Science Monitor*. <https://www.csmonitor.com/World/Asia-South-Central/2009/0707/p06s23-wosc.html>
- Johnson, N., & Baker, J. C. (2019). *Preservation of the Force and Family as a tool for Talent Management*. 60.
- Kang, H. K., & Bullman, T. A. (2008). Risk of Suicide Among US Veterans After Returning From the Iraq or Afghanistan War Zones. *JAMA*, 300(6), 652–653. <https://doi.org/10.1001/jama.300.6.652>
- Kenefick, R. W., Cheuvront, S. N., Palombo, L. J., Ely, B. R., & Sawka, M. N. (2010). Skin temperature modifies the impact of hypohydration on aerobic performance. *Journal of Applied Physiology (Bethesda, Md.: 1985)*, 109(1), 79–86. <https://doi.org/10.1152/jappphysiol.00135.2010>
- Knapik, J. J., Rieger, W., Palkoska, F., Van Camp, S., & Darakjy, S. (2009). United States Army physical readiness training: Rationale and evaluation of the physical training doctrine. *Journal of Strength and Conditioning Research*, 23(4), 1353–1362. <https://doi.org/10.1519/JSC.0b013e318194df72>
- Krištofič, J. (2000). *Gymnastika pro zdravotní a kondiční účely*. ISV.
- Krott, J., Morales, F., & Livingston, W. (2012). *Development of a Rapidly Deployable Special Operations Component Command (SOCC) Core Concept for the North Atlantic Treaty Organization (NATO) Special Operations Headquarters (NSHQ)* [Technical Report]. Acquisition Research Program. <https://dair.nps.edu/handle/123456789/2030>
- Krupenevich, R., Rider, P., Domire, Z., & DeVita, P. (2015). Males and Females Respond Similarly to Walking With a Standardized, Heavy Load. *Military Medicine*, 180(9), 994–1000. <https://doi.org/10.7205/MILMED-D-14-00499>
- Kyröläinen, H., Pihlainen, K., Vaara, J. P., Ojanen, T., & Santtila, M. (2018). Optimising training adaptations and performance in military environment. *Journal of Science and Medicine in Sport*, 21(11), 1131–1138. <https://doi.org/10.1016/j.jsams.2017.11.019>
- Labs, D. I. (2017). *WHOOOP Speaks at NATO Conference on Performance Optimization for Tactical Athletes*. WHOOP. <http://www.whoop.com/thelocker/whoop-speaks-at-nato-conference-on-performance-optimization-for-the-tactical-athlete/>
- Ledeng, H., Yang, Z., Ruishi Wang, & Xie, L. (2020). Physiological and biomechanical effects on the human musculoskeletal system while carrying a suspended-load backpack. *Journal of Biomechanics*, 108, 109894. <https://doi.org/10.1016/j.jbiomech.2020.109894>
- Lehnert, M., Kudláček, M., Háp, P., Bělka, J., Neuls, F., Ješina, O., Hůlka, K., Viktorjeník, D., Langer, F., Kratochvíl, J., Rozsypal, R., & Šťastný, P. (2014). *Sportovní trénink I*. Univerzita Palackého v Olomouci.
- Lehnert, M., Univerzita Palackého, & Fakulta tělesné kultury. (2010). *Trénink kondice ve sportu*. Univerzita Palackého v Olomouci.
- Limited, A. (b. r.). *Stock Photo – Shape of Wardak, province of Afghanistan, with its capital isolated on white background. Satellite imagery. 3D rendering*. Alamy. Získáno 13. červenec 2021, z <https://www.alamy.com/shape-of-wardak-province-of-afghanistan-with-its-capital-isolated-on-white-background-satellite-imagery-3d-rendering-image368216854.html>
- Liu, B.-S. (2007). Backpack load positioning and walking surface slope effects on physiological responses in infantry soldiers. *International Journal of Industrial Ergonomics*, 9–10(37), 754–760. <https://doi.org/10.1016/j.ergon.2007.06.001>
- Lorenzo, S., Halliwill, J. R., Sawka, M. N., & Minson, C. T. (2010). Heat acclimation improves exercise performance. *Journal of Applied Physiology (Bethesda, Md.: 1985)*, 109(4), 1140–1147. <https://doi.org/10.1152/jappphysiol.00495.2010>

- Majumdar, D., Pal, M. S., & Majumdar, D. (2010). Effects of military load carriage on kinematics of gait. *Ergonomics*, 53(6), 782–791. <https://doi.org/10.1080/00140131003672015>
- Mattie, C. P., Guest, K., Bailey, S., Collins, J., & Gucciardi, D. F. (2020). Development of a mental skills training intervention for the Canadian Special Operations Forces Command: An intervention mapping approach. *Psychology of Sport and Exercise*, 50, 101720. <https://doi.org/10.1016/j.psychsport.2020.101720>
- McCrea, M. (2001). Standardized Mental Status Testing on the Sideline After Sport-Related Concussion. *Journal of athletic training*.
- McCrory, P. et al. (2017). Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 51(11), 838–847. <https://doi.org/10.1136/bjsports-2017-097699>
- Měkota, K., Cuberek, R., Univerzita Palackého, & Fakulta tělesné kultury. (2007). *Pohybové dovednosti – Činnosti – Výkony*. Univerzita Palackého v Olomouci.
- Mucha, A., Collins, M. W., Elbin, R. J., Furman, J. M., Troutman-Enseki, C., DeWolf, R. M., Marchetti, G., & Kontos, A. P. (2014). A Brief Vestibular/Ocular Motor Screening (VOMS) assessment to evaluate concussions: Preliminary findings. *The American Journal of Sports Medicine*, 42(10), 2479–2486. <https://doi.org/10.1177/0363546514543775>
- NATO Special Operations School. (2020). *NATO Special Operations School Course Catalogue 2020–2021*. NSHQ. <https://www.nshq.nato.int/nsos/library/?TrainingPortalaction=public:document.downloadFile&contentid=35D0E81A-5056-8B63-EFC70EAFD1683A87>
- Neumann, G., Pfützner, A., Hottenrott, K., & Neumann, G. (2005). *Trénink pod kontrolou: Metody, kontrola a vyhodnocení vytrvalostního tréninku* (1. vyd). Grada Publ.
- Nindl, B. C., Jaffin, D. P., Dretsch, M. N., Chevront, S. N., Wesensten, N. J., Kent, M. L., Grunberg, N. E., Pierce, J. R., Barry, E. S., Scott, J. M., Young, A. J., O'Connor, F. G., & Deuster, P. A. (2015). Human Performance Optimization Metrics: Consensus Findings, Gaps, and Recommendations for Future Research. *Journal of Strength and Conditioning Research*, 29 Suppl 11, 221–245. <https://doi.org/10.1519/JSC.0000000000001114>
- NSHQ. (2013, duben 22). *NSHQ*. <https://www.nshq.nato.int/nshq/>
- NSHQ Mission. (2013, duben 22). *NSHQ*. <https://www.nshq.nato.int/nshq/>
- O2X Human Performance (Ed.) (2019). *Human performance for tactical athletes*. PennWell Corporation.
- Pavlík, J. (2010). *Vybrané kapitoly z antropomotoriky*. Masarykova univerzita.
- Pavliš, Z. (1995). *Školení trenérů ledního hokeje: Vybrané obecné obory*. Český svaz ledního hokeje.
- Pearce, R. M. (2016). *Applying lessons learned from the United States Special Operations Command's Human Performance Program to the United States Air Forces Comprehensive Airman Fitness*. AIR COMMAND AND STAFF COLLEGE, AIR UNIVERSITY MAXWELL AFB United States. <https://apps.dtic.mil/sti/citations/AD1041193>
- Perič, T., & Dovalil, J. (2010). *Sportovní trénink*. Grada.
- POTFF. (2019). *POTFF*. <https://www.socom.mil/POTFF/Pages/default.aspx>
- Santtila, M., Keijo, H., Laura, K., & Heikki, K. (2008). Changes in Cardiovascular Performance during an 8-Week Military Basic Training Period Combined with Added Endurance or Strength Training. *Military Medicine*, 173(12), 1173–1179. <https://doi.org/10.7205/MILMED.173.12.1173>
- Slepička, P., Hošek V., & Hátlová, B. (2009). *Psychologie sportu*. Karolinum.
- Šándor, A. (2018). *Planeta Země: Kruté místo k žití*.
- Tod, D., Thatcher, J., Rahman, R., Holt, N., & Lewis, R. (2012). *Psychologie sportu*. Grada.
- USSOCOM. (2000). https://www.socom.mil/POTFF/Pages/human_performance.aspx
- Wallenfeldt, J. (2021). *Robert S. McNamara | Biography, Facts, & Role in Vietnam War*. EBSCOhos. <https://www.britannica.com/biography/Robert-S-McNamara>
- Weiglein, L., Herrick, J., Kirk, S., & Kirk, E. (2011). The 1-Mile Walk Test is a Valid Predictor of VO₂max and is a Reliable Alternative Fitness Test to the 1.5-Mile Run in U.S. Air Force Males. *Military medicine*, 176, 669–673. <https://doi.org/10.7205/MILMED-D-10-00444>
- West, P. (2013). *Survival weapons: Optimizing your arsenal*. Lulu Com.
- Williams, E. et al. (2008). *Human Performance*. The MITRE Corporation. <https://fas.org/irp/agency/dod/jason/human.pdf>

- Wilmore, J. H., Costill, D. L., & Kenney, W. L. (2008). *Physiology of sport and exercise* (4th ed). Human Kinetics.
- Zagatto, A. M., Beck, W. R., & Gobatto, C. A. (2009). Validity of the running anaerobic sprint test for assessing anaerobic power and predicting short-distance performances. *Journal of Strength and Conditioning Research*, 23(6), 1820–1827. <https://doi.org/10.1519/JSC.0b013e3181b3df32>
- Zahradník, D., & Korvas, P. (2012). *Základy sportovního tréninku*. Masarykova univerzita.
- Zatsiorsky, V. M., Kraemer, W. J., & Fry, A. C. (2021). *Science and practice of strength training* (Third edition). Human Kinetics.