

The presented teaching text emphasizes the importance of integrating regeneration procedures into the training process. The text is based on the up to date knowledge and will enable students to apply regeneration procedures not only to top athletes but also to recreational sports. Comprehensiveness of the text makes it useful not only for physical education faculties' students, but also for athletes themselves, coaches and specialists in all sports disciplines. This is the second revised edition. At present, there is no similar complex text in the Czech language.