

Anotace

The book entitled “Human Performance for Special Operation Forces – HP SOF” discusses a programmatic approach to optimizing the combat performance of SOF operators. In individual chapters, it presents modern findings from the field of care for tactical athletes, so-called operators, theoretical and practical frameworks for the integration and subsequent implementation of SOF HP. The book as well points out the importance of domains (fitness, psychological, mental, social, and spiritual), which fundamentally affect both professional and personal life of operators. In addition to these approaches and the necessary process changes for the implementation of the SOF HP project, the book deals with the theory of sports training or rather the transformation of knowledge and scientific knowledge into combat training of operators.