
CHARLES UNIVERSITY

Faculty of Physical Education and Sport

Supervisor's evaluation of the master's thesis

Name: Zhaoyan Lu

Title: Exploring Heart Rate Recovery as an Aerobic Fitness Indicator in Elite Athletes

I gladly collaborated with Zhaoyan. During his master's studies, he made exceptional progress in his academic education. The objective of his master's thesis was to determine the relationship between heart rate recovery (HRR) and aerobic fitness in elite youth and adult athletes.

He collected data from 82 athletes and analyzed associations between HRR and different indicators of aerobic fitness. The results of this study do not support HRR as a significant indicator of aerobic fitness in elite soccer players and triathletes.

The manuscript has a logical structure, and the theory covers relevant literature. The methodology is well described. I appreciate that the inferential statistics were conducted by the author himself. The discussion embeds the topic in a broader context, and the conclusions are based on the study's results. The manuscript is formatted according to the expected standards.

I recommend this work for defence.

Prague 6/6/2024

Doc. Jiří Baláš, Ph.D.