

Abstract

As the necessity to implement a regular physical activity on board of merchant navy vessels no longer needs proving, it is important to understand how such change could be made on board of a ship.

From it results the following problematic: *What solutions can be provided to seafarers in order to maintain an appropriate physical condition for work and life on board a merchant ship ?*

To do so, research work including an interview with doctor Verbist was carried out. The answers obtained made it possible to establish a list of typical exercises to be performed on board. This list may consequently be adopted by shipping companies desirous to do so.

Despite the many advantages for a shipping company to develop a sporting activity on board for its sailors, many of them are still reluctant. However, the cost to setting up an on-board gym is, on the long term, much more economical than evacuating sailors repeatedly because of injuries that could have been avoided with a minimum of muscle strengthening.

The goal of this end of study thesis is therefore to find one or more solutions allowing sailors to perform physical exercises in order to limit the risk of injury and ensure an optimal health for the whole crew.