

# **ABSTRACT**

## **Diploma thesis title:**

Body relation and body care by persons working within integrated rescue system.

## **Diploma thesis targets:**

Target of the thesis is to analyze and present results concerning body relation, physical activity, health and self-understanding by the people working for intergrated rescue system. To compare differences between men and women in each part of the integrated rescue system.

## **Method:**

Questionnaire method has been used in the thesis. I have used standardized questionnaire taken from international sport, health and self-concept research in central and eastern Europe (Mrazek, Fialová, Bychovskaja, 1995). The questionnaire counts 129 questions divided to parts relating to personal data, health, body any physical activities, appearance, own body relation and self-concept.

## **Results:**

Results show differences in active lifestyle and physical activities between men and women. Results also indicate certain differences in body care, body relation and self-concept.

## **Key words:**

Physical activity, lifestyle, self-understanding, health, integrated rescue system.