

## **Abstract**

**Title:** Impact of stress situations on heart rate and air consumption under water

**Objectives:** The aim of this labour is to determine relation between air consumption in our selected stress situation. Determine strongest stress situation from our selection on the base of increase of stress indicators (hpb, minute air consumption). Next aim is to determine context between stress situation at beginning diver, their heart rate and air consumption. Last but not least aim of this labour is to conduce to optimal method and reccomendation related to safety and psychological resistance of the diver.

**Methods:** In our thesis we used a method of analysis and a method of comparison. We applied the method of analysis in each individual measurement and the method of comparison in part comparing each measurement together.

**Results:** By measurements was found out, that air consumption is at different stress situations under watter dissimilar. There is also very wild diference between air consumption and heart rate at each specimen.. Like optimal method of psychological resistance of the diver was selected method of combination. Significant stress, was dive itself. The combination consists of training concrete situation and method of general stress handling.

**Keywords:** scuba diving, heart rate, air consumption, stress

