

## ***ABSTRACT***

**Title:** How to find the rate of border stress in the survival drill

**Purpose:** Purpose of this master thesis is try to find acceptable instruments for determination of border stress in the survival drill.

**Methods:** This master thesis was worked up as empiric quantitative research observation type. We have tested 15 participants of course „Přesuny na sněhu a ledu“ and 16 participants of course for survival instructors. For testing we used four motoric tests which were prepared to find actual stress of probands, psychological test OPTIM and in the second course hematologic research.

**Results:** Measured values demonstrate possible connection in two motoric tests where the results are getting worse in border stress and in the extreme stress. In rest two tests there was not proved any connection between the results of tests and stress.

**Key words:** Actual stress, stress, soft motorics, equilibrium abilitiy, reaction ability, action ability, tapping rate.