

Abstract

This thesis is focused on aspects of mountains activities as a ski touring, hiking and mountaineering. This field of sports are associated with the risk of altitude sickness. The thesis examines key parameters that contribute to the emergence of altitude sickness. The other examines parameters are weather conditions, influence of high altitude, physical training and physiological manifestations of individual person. The aim of this thesis was find out which sports are the most affected by high altitude sickness. And what are the most common symptoms of altitude sickness. It was based on the literature and questionnaire.