

Abstract:

The work consists of theoretical and research sections. The theoretical part is divided into two chapters. The first chapter explains the concept of health and healthy lifestyle, its structure and meaning. The second chapter deals with the psychological characteristic profile of the air traffic controller. The research part is focused on the evaluation of the attitude of air traffic controllers towards sport, healthy lifestyle and their use of the employer's organization's offer of benefits. It monitors the implementation of healthy lifestyle and sports activities. As a starting point of the research part of this study I consider the determination of whether the flight controllers consider the care of their health as essential in relation to their profession