

Abstract

Title:

Diver's lifestyle

Objectives:

The aim of the bachelor's thesis is to find out the current observance of lifestyle about divers and to compare how more experienced divers stand compared to less experienced ones. The goal is to compare the results with each other, using Microsoft Excel spreadsheets and in the current state of knowledge to outline a suitable lifestyle for divers on the day of the dive and the days when to dive again, maintain and improve their condition.

Methods:

Literature and following information from the research

Conclusion:

Search of professional literature and processing of achieved results from the survey.

Keywords:

Scuba diving, Helathy lifestyle, Training