

# Content

7

**M. BEDNÁŘ**

Catharsis in the biodromal perspective and with focus on sports and outdoor activities

13

**J. POLÍVKOVÁ, J. ČÍŽEK, J. SUCHÝ**

Summary of Present Researches of Hyperoxia in Sports Training and Outdoor Activities

22

**M. NOSEK, Š. BALKÓ, J. ADAMEC, D. PARTLOVÁ,  
R. ZÁKON, L. ŠAUER, V. HRBKOVÁ**

Impact of physical load on cardiovascular marker 's in outdoor sports: a review

30

**J. KOMPÁN**

Implementation of education in sport and outdoor activities within the project "The Award goes to Universities" at Matej Bel University in Banská Bystrica