

Abstract

Title: The current view of protein intake in power athletes – a review study.

Objectives: Based on literary sources and professional studies, the aim of my work is to work out, systematically organize and compare acquired knowledge in the field of nutrition in power sports, namely the intake of proteins.

Methods: The thesis is based on an review study, which, based on a uniform methodology of searching on three professional servers, processes and compares the results of the studies.

Conclusion: Most studies coincide with the positive effect of increased protein intake on body composition. However, determining the exact optimal number of proteins taken for strength athletes is an individual matter that depends on many subjective factors. The harmful effects of the long-term professional high-protein diet have not been confirmed as well as its effect on physical performance and regeneration.

Keywords: nutrition, high protein diet, resistance training, body composition, regeneration, metabolic response