ABSTRACT

This bachelor thesis is focused on diets in sports with weight categories. The main goal is to find out about the diets of the professional athletes before the official weighing, what methods of weight reduction these athletes use and whether they experience any negative effects of the diet on their health. Theoretical part focuses on the information about weight categories, nutrition recommendations for particular athletes, forms of weight reduction and human body composition analysis.

The practical part is divided into two researches. The first research is carried out in the form of a quantitative questionnaire, in which the respondents provide information on dietary habits and their presence in the weight category. The second research focuses on five light-weight rowers, whose body composition information is compared in the non-competitive and competitive period.

The questionnaire has been filled in by 103 competitors from 9 different sports with weight categories. Some outputs are quite worrying, or even alarming. Only less than one third of the respondents races in their category without major weight fluctuations or greater dietary restrictions. Comparing the data from both measurements of the body composition of the athlete (out of season and before the race) turned out as expected with only minor changes.

**keywords:** weight category, weight loss, sport, rowing