

**Abstract:**

This bachelor thesis deals with the intake of calcium within the nutrition of professional golfers. The group of examined individuals involves people aged 18 to 66 years old. The theoretical part describes the basic functions of calcium within an organism, its metabolism, food source, recommended daily intake and diseases related to calcium deficiency. The theoretical part also deals with golf, describes this sport from its history to the golf swing and strain of individual parts of human body. It refers to unilateral strain during the finish in golf swing, that is fatal mostly to lumbar spine. Due to the physical strain that golf causes, it is necessary to warm up the body properly before physical activity and mainly ensure sufficient nutrient intake to which calcium mainly belongs out of the group of micronutrients.

The practical part involves a survey undertaken by means quantitative questionnaire survey, with its purpose to find out the food consumption with higher calcium content within the chosen target group, that comprises of professional golfers visiting the Golf Club Hostivař in Prague. The results are evaluated using graphs and are compared to recommended daily intake of calcium.