

TITLE:

Suitable Nutrition for Optimal Sport Performance in Artistic Gymnastics

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ABSTRACT

The topic of this bachelor's thesis is appropriate nutrition for optimal performance in artistic gymnastics. It is focused on the issues of nutrition in artistic gymnastics, based on individual diet plans. It identifies individual approaches to nutrition by members of the Czech national artistic gymnastics team and makes nutritional recommendations based on most recent research findings. It also examines the differences in the diets of male and female gymnasts.

The thesis is divided into a number of sections: the theoretical section describes artistic gymnastics, its history, energy intensity and the latest findings in the field of nutrition and sports diet. Setting a proper diet plan is a complex matter that is highly individual, because there is no universal and valid nutritional style for every person.

The practical part examines current dietary habits of members of the Czech national gymnastics team. Their personal data and weekly nutritional records enable an evaluation of individual nutritional advantages and deficiencies. The final results present significant deficiencies in the nutrition of gymnasts and substantial differences in the diets of women and men. Gymnasts created their nutritional reports in February, which is the off season in artistic gymnastics, with no competitions taking place, and the results are therefore surprising. It is evident that all probands involved in the study are in a long-term caloric deficit and experience a lack of macronutrients and some micronutrients in their diet. Some women consciously eliminate carbohydrates and even have their daily food intake so low that it is not enough to cover their basal metabolic rate.

KEYWORDS

nutrition; competitive sport; artistic gymnastics; hydration habits