

Abstract

Pregnancy is a period in a woman's life that fundamentally changes life of hers, of her partner and even of her whole family, because by the delivery a new individual is born. Naturally, the process of its development and growth is carried out via its mother, who usually carries it in her body for nine months, and during this period and even before conception, the individual's development is strongly influenced by mother's lifestyle. Healthy lifestyle, meaning primarily varied and balanced diet and adequate physical activity, can not only prevent countless malformations of the fetus, but also favourably affect the course of pregnancy itself and subsequent mother's rehabilitation after delivery.

This bachelor thesis deals with the influence of nutrition and sport on pregnancy and fetal development. It is divided into a theoretical part which summarizes the theoretical knowledge of this issue, and a practical part where research on this topic is elaborated.

The theoretical part is divided into three main chapters. The first of them deals with pregnancy itself, i.e. the individual's development, pregnancy changes in the mother's body and parenting in general. The second chapter discusses preconceptional nutrition and nutrition during pregnancy, including energy requirements, individual macronutrients and micronutrients requirements, drinking regime and finally, alternative diets in pregnancy. In the third chapter, benefits of sport and pregnancy restrictions are described and an overview of suitable and inappropriate sport activities for this period is offered.

The practical part is devoted to the research carried out in quantitative form using an anonymous questionnaire with 27 questions on a sample of 157 respondents. Its aim was to find out what the parameters of the first pregnancy were like, how preconceptional and pregnancy nutrition was dealt with by pregnant women, how they approached to physical activity during pregnancy and how informed they were about this topic from doctors. The results of the questionnaire, including comparison with theoretical knowledge, are elaborated individually for each of the questions, then summarized in discussion.

The aim of this thesis is to summarize all recommendations concerning nutrition and sport during pregnancy so that they can offer an easy to understand view to this issue and serve as a source of information for pregnant women who want the best possible course of pregnancy for themselves and the best way of stepping into life for their babies.

Key words: Pregnancy, healthy nutrition, sport, pregnant woman, fetus