

Abstract

Title: Nutrition in adolescent tennis players

Objectives: The main aim of this study was to estimate eating habits in young tennis players during three days - training, tournament and rest days. Another aim was to compare eating habits between sexes and among those three days.

Methods: A cross-sectional study approach was used in this master thesis. A standardized nutrition questionnaire was used to obtain information about the eating habits. Nonparametric statistic methods were used to analyze data.

Results: Five females and nine males aged 14 - 17 years participated in the study. All the participants were advanced tennis players from the Czech national youth league. Fluid intake was similar in both sexes and did not differ among those three days significantly. Females had higher intake of carbohydrates, fats as well as overall energy intake in the rest day. The other measures were higher in males.

Conclusion: Both sexes had a different trend in eating habits among those three days. The study also confirmed differences in eating habits between sexes.

Keywords: tennis, nutrition, adolescent, physical activity, eating.