

Abstract

Title: Nutrition of the children playing football

Objectives: The main objective of this thesis was to figure out the eating habits of the children in the U14 category of football players. Specifically, the observation was done for three days – a training day, a match day and a free day. It was also observed how these days differ from each other. Finally the nutrition recommendations were provided based on the observations.

Methods: The thesis was performed as the cross-section study. To gain the information about the nutrition habits there was used the standardized nutrition questionnaire. Nonparametric statistics methods were used for statistical data analysis.

Results: Research was performed on the sample of 12 boys in the age of 12-13 years who play the football at the student league level. Students sample was chosen from the students in the Czech Republic. The insufficient energetic income and particularly a carbohydrate deficiency was identified in the sample. The highest deficiencies were measured during the match day. On the contrary the highest amounts were measured during a free day. There were not any significant differences identified in comparison to the recommendations.

Conclusion: From the energetic and macronutrients income perspective the study did not confirm different incomes during the specific days. From the physical activity perspective there was physical demandingness identified through the different activity days.

Keywords: Football, nutrition, the youth, physical load, eating