

TITLE:

Long fasting and its effects on athletic performance

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ABSTRACT:

The main purpose of this these is to introduce the reader to the issue of long fasting with zero calorie intake and to find out how a ten-day fasting period will affect athletic performance. I did the experiment on myself, especially by monitoring the best possible performances in the chosen exercise disciplines. In the second part of the research, I focused on the analysis and comparison of these results with the performance before the start of fasting. The result of the experiment was an average affect on athletic performance in the range of 4.93 %, except for the flexibility rate, which increased by 100 %.

KEYWORDS:

Fasting, effect, athletic, performance, sport