

Name of submitter: Problems of food adolescent tennis players during the tournament

Prae Objective: To determine the current status of food adolescent tennis players in the Czech Republic, the age group 12-15 years, during tournaments held in Prague. Check their interest and knowledge about nutrition and to assess options their meals in catering establishments tennis courts taking into account the principles of good nutrition.

Method: To carry out this investigation, I chose the method of voting.

The study group of players to match the writing survey questions ascertaining their level of dietary zvyklosti. Dále I conducted surveys among groups Parents of players who form the interview answered questions listed issues. In tournaments, which I visited for the purpose of investigation, I investigated dining options players in dining establishments, which were available to participants of tournaments with regard to the principles of healthy nutrition.

The method chosen public inquiry has proved to be a quick way learn basic food groups of players, but for thorough and objective treatment of this topic would be appropriate to use other methods.

Results: The results obtained showed that in the monitored group of players They are relatively little knowledge on healthy sports nutrition. It is therefore necessary so that these issues be given greater attention by both the coaches and the parents. It is very important to learn the principles of nutrition at the beginning sporting careers, because the proper observance of the rules of sports nutrition include also the main prerequisites for achieving peak performance.

Keywords: tennis, toys, food, nutrition