

TITLE: Knowledge of selected group of gymnasts about reduction diets in artistic gymnastics

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ABSTRACT

This master thesis deals with the knowledge of selected group of gymnasts about reduction diets in artistic gymnastics. It focuses on the specifics of nutrition and reduction diets in gymnastics. Based on the evaluation of a questionnaire survey, which involved a total of 73 gymnasts and gymnastics coaches. Finds out the individual knowledge of these groups, compares the knowledge of men and women and tries to figure out how active gymnasts try to reduce their body weight in the period before competition. It also provides didactic output according to current knowledge and current nutritional recommendations in sports.

The work has several parts. The theoretical part describes in more detail gymnastics, energy intensity of this sport and the latest knowledge in the field of sports nutrition and diet. Setting the right diet plan is a very complicated and complex process. It is important to know the individual preferences and current goals of a particular person, his history, age, gender, height, physical, mental, social and spiritual condition. There is no one-size-fits-all diet.

The practical part presents the results of the questionnaire survey, data comparison, evaluation of the main and partial objectives of the work, discussion, didactic output and conclusion. The knowledge of selected groups of gymnasts and their coaches is average in general knowledge of nutrition, in specific issues of sports nutrition and dietary knowledge is rather below average. There was not much difference between the knowledge of women and men, but women did slightly better in the questionnaire survey. More women also experience pre-competition weight loss. Out of the total number of 38 active gymnasts, 18 of them sometimes tried to reduce weight in pre-competition training. The most common methods of weight loss are „caloric deficit; reduction of energy intake; calculation of caloric intake and expenditure“. The second most common type of response was „not eating and increased physical activity“.

KEYWORDS

reduction diets; artistic gymnastics; competitive sport; nutrition