

ABSTRACT

This thesis explores the problematics of nutrition of elite female athletes from aerobic club BM Fitness Havlíčkův Brod. The thesis is aimed on the girls between ages 8 to 16 years old, which corresponds to three age categories. Based on the information gained the thesis is trying to learn the individual eating habits of the sports girls and compares the differences and similarities in nutrition between the different age groups. In the same time the thesis is trying to learn if the sports girls are eating in accordance with recommendations of the nutritionist and trainer.

The thesis is divided into two parts; theoretical and practical. The theoretical part explores the history of sport nutrition, the basic parts of human nutrition, fluid intake, energy metabolism, and timing of meals according to the sport done. Part of the thesis is aimed at younger school age, then middle school age, then at teenagers. The last chapter closely describes aerobic and fitness.

The second half of the thesis consists of a practical part which was based on data gained by half structured interviews. This part is aimed on describing the individual eating habits of sports girls. From the information gained there is a significant difference between the two older categories and the youngest category. Only the two older categories choose the correct nutrition every day, although even in these groups there are still deficiencies. The big problem is that they don't distinguish between the nutrition they need on their free days and the days on which they have sport activity. This would help them better regeneration and gaining energy for a longer time.

KEYWORDS

Aerobics; biological changes; maturation; younger school age; athlete; body fat; nutrition,

