

Abstract

Title: Sports nutrition supplements and their use among junior and senior rowers in Czech Republic

Objectives: The main aim of this thesis is to compare the use of sports nutrition supplements in junior and senior rowers categories in the Czech Republic.

Methods: In this thesis, a comparative study was used in which an online survey method was used in the research. Data was collected using a survey that participants completed independently online. The survey was placed in a Google forms environment. The link to the survey was disseminated among the research participants through social networking sites.

Results: The results of the survey showed that 75 % of the respondents use sports nutrition supplements, with almost half of them using them more than once a week between 2 and 5 years. The required number of junior rowers did not participate in the survey, so we can assume that there are more rowers in the senior category than in the junior category. For this reason, the results of the survey were processed on rowers in general. The respondents use sports nutrition supplements most in the preparation period, and the most used supplements are protein preparations. The most frequently described observed effects of sports nutrition supplements are both a better feeling of performance and a feeling of better mental preparedness for the race/training. More than half of the respondents who do not use sports nutrition supplements stated that they do not need or want to use sports nutrition supplements.

Keywords: rowing, rowing categories, sports nutrition, nutritional supplements