

Abstract

Title: The Effects of Alcohol on Athletes

Author: Dominika Rudolfská

Thesis Supervisor: doc. Mgr. Michal Šteffl, Ph. D

Summary of the Thesis: This thesis examines the impact of alcohol on the physical performance of athletes and explores the motivations behind alcohol consumption among athletes. The theoretical part summarizes findings on the metabolic, physiological, and psychological effects of alcohol on the human body. The practical part is based on an analysis of 13 studies selected from a total of 253 publications on this topic. These studies include experimental, cross-sectional, and longitudinal approaches, focusing on various aspects such as muscle recovery, coordination, endurance, and psychological influences. The results indicate that more than 80% of the studies confirmed the negative impact of alcohol on athletic performance. The most significant effects were observed in muscle recovery, where alcohol slowed performance restoration by up to 25%. In contrast, endurance sports showed the least impact, with performance reduction not exceeding 5%. Motivations for alcohol consumption identified in the studies include social interactions, stress management, and performance celebrations.

KEYWORDS: Alcohol, sport, motivation, sports performance, alcohol metabolism, alcohol characteristics, prevention, alcohol effects, commercial sport, recovery, organic substance, alcohol effects