

# ABSTRACT

## Title

Awareness of athletes of the Olymp Sports Center of the Ministry of the Interior about the basics of healthy eating and sports nutrition

## Objectives

The main objective of the bachelor thesis was to determine the level of awareness of athletes from the OLYMP Sports Centre of the Ministry of the Interior in the field of healthy and sports nutrition.

## Methods

In the practical part of the thesis, a quantitative research strategy was applied using an anonymous questionnaire survey. The questionnaire collected data on the demographics of the respondents, their knowledge of rational nutrition, hydration, meal timing, the use of dietary supplements, and their eating habits on training and non-training days. The research sample consisted of 15 athletes of various ages, genders, and sports specializations. As the survey was anonymous and did not contain invasive or sensitive questions, approval from the Ethics Committee of the Faculty of Physical Education and Sport, Charles University, was not required.

## Results

The results showed that the general level of athletes' knowledge of rational nutrition is average. Female respondents demonstrated a higher level of knowledge compared to male respondents. The most common deficiencies were identified in the areas of hydration, pre-performance meal timing, and understanding the effects of dietary supplements. While most research questions were evaluated positively, the findings pointed to gaps in the practical application of nutritional knowledge. Based on the results, the study suggests increasing athletes' nutritional literacy through professional seminars or individual counselling.

**Keywords:** healthy nutrition, sports nutrition, athletes' awareness