

Abstract

Title: Cold exposure in athletes and its effects on the body

Objectives: The main goal of the bachelor's thesis is to determine whether athletes use cold exposure Methods and what effects these methods have on the mental and the physical aspects of athletes

Methods: To obtain data for this theoretical-empirical work, a quantitative research method was used through an anonymous survey. A total of 41 respondents answered the survey. The survey consisted of 22 questions, 21 of which were closed-ended and 1 open-ended. The responses served as the basis for the development of this bachelor's thesis. Data collection took place in March 2025 using Google's online application, Google Forms

Results The results of the anonymous survey show that the majority of athletes use cold exposure techniques less than once a week. Despite this, they still experience positive effects on their mental and physical well-being, as well as a strengthened immune system. The most common cold exposure method is taking cold showers. Furthermore, the responses indicate that most athletes perceive cold exposure as an effective recovery tool that is suitable to include in a training program.

Key words: cold exposure, sport, physical health, mental health, regeneration