

## **Abstract:**

**Title of the project:** Sustenance of the soccer players of SK Dynamo České Budějovice B.

**Purpose of the project:** To give a comprehensive outline of sportsmen sustenance problems, especially in soccer. Through the use anthropometric investigation to determine anthropometric data of find the percentage of adipose tissue and somatotype. In accordance with a questionnaire research to get sustenance data (total energetic reception, the percentage of macro- substances, quantitative rate of received macro – substances, total quantity of received liquids and micro – substances, time – table of received food) and additional data to get the estimation of the energetic expenditure. On the base of the research to find the wrong food habits of monitored soccer players and to propose its correction.

**Methodology:** In the research for my diploma paper there were five professional soccer players of SK Dynamo České Budějovice B involved (playing ČFL, 19 – 24 years old). The proband were chosen according to their will to cooperate and their personal interest in sustenance problems in sport training. They underwent these anthropometric investigations; measurement of stature and body weight, caliperation according Pařízková, somatometry to find the somatotypes. To get to know sustenance and energetic expenditure data, the unstandarded questionnaires created by the autor were used. The gained data of the particular probands were used for their individual characteristics.

**Findings:** The findings may be used in training practices to intensify knowledge of correct sustenance habits and feeding practice of soccer players in different efficiency levels. I believe that this study may help discover and take out wrong and unfit feeding habits not only of monitored soccer players, but that others can learn from their mistakes. Transfer is possible for other similar sports.

**Key words:** Sustenance, energetic expenditure, anthropometry, soccer