

Abstract

Title: The Nutrition Habits and Knowledge of middle and long distance runners

Targets: The thesis main target is to determine dietary habits of endurance men and women runners, their interest in health nutrition and their nutrition information sources. Another aim to achieve is to find out their basic knowledge of body composition and human nutrition.

Methods: The thesis was worked out on the base of questionnaires, that were prepared with regard to the author personal experience and knowledge. The questionnaires were handed in personally to the respondents at runners competition, as soon as the race was finished and most of the runners used to wait for their results. The respondents were kept in anonymity in order to ensure as much objective answers as possible. The meaning of questionnaire completion was explained by the author to each of the responding runners. The validity of the questionnaire was consequently confirmed by the mean of guided interview between the author and the runner responded.

Results: Endurance runners are keen on following the health nutrition principles. The dietary habits of the major part of the respondents correspond to requirements related to the field of energy-intensive sport. Most of the runners do not use energy bars and nutritional supplements. On the base of the questionnaires evaluation there was found out, that the endurance runners dispose of wide knowledge in the health nutrition field and this knowledge is most often sourced from specialised magazines and other sources.

Keywords: endurance runners, nutrition, dietary habits, questionnaire