

This bachelor thesis explores the influence of nutrition on the physical composition of athletes. The present study is firmly grounded in theoretical findings derived from previously conducted studies on the same issue. More specifically, this thesis compares ideal nutrition composition of diet of athletes focusing on power sports with those athletes focusing on endurance sports. Whereas the first group strives to increase the overall weight through a buildup of muscle weight, the second group is set either to decrease the overall body weight or at least keep such weight around a constant level. Furthermore, the study explores how specific nutrition and various dietary supplementations can be used to produce additional energy or help athletes to gain desired body weight and ideal body structure suitable for a particular sport discipline.

Key words: nutrition, power sport, endurance sport, body composition