

Abstract

Title

The influence of carnosine and hydroxymethylbutyrate on sport's performance in the world literature

The aim of the work

The aim of this bachelor thesis is to clarify influence of carnosine and hydroxymethylbutyrate (HMB) on sport's performance in the world literature.

Methodology

Presented thesis is mainly a literature review of the above topic. The data collection was done by meta-analysis of reliable quantitative and qualitative journals and studies where Carnosine and HMB in sports are concerned. Electronic databases PubMed and EBSCO were the main sources of the research.

Results

Meta-analysis shows, that β -alanine supplementation influences concentrations of muscle carnosine, but it rather not shows its influence on better sport's performance caused by higher level of muscle carnosine. Hence, it is necessary to conduct a few more studies to clarify influence of carnosine supplementation on sport's performance. Furthermore, the thesis proves that supplementation of HMB together with intensive training program has an efficient impact on the sport performance and that HMB protects muscles damage due to severe training.