

Abstract

This bachelor thesis deals with eating disorders related to sport. The thesis is divided into two parts. The main task of the theoretical part is to describe the individual eating disorders, the causes of the disease and its health complications. In addition, this section discusses specific athletic requirements for nutrition, safe weight loss and treatment of eating disorders.

The practical part of this work includes quantitative research in the form of a questionnaire survey conducted among sporting girls and women in different age categories. It deals primarily with nutritional status, weight loss in athletes and the reason why they decided on the diet. Data collection results are evaluated using tables and graphs.

The results show that 90 % of female and female girls have sometimes been restricted in eating, which was mostly their decision. A total of 63% did not have enough information about the reductive diet, so they acted on their own discretion.