

## RESUME

**Subject:** Occurrence of eating disorders in sport

**Thesis objectives:** The purpose of the research (carried out as a survey) was to find out:

- ◆ what is the current approach of today's sportswomen to the food and their bodies,
- ◆ what they consider as normal in this matter and how they are influenced by the current trends, their coaches and other subjects,
- ◆ how they subjectively consider their body weight and its influence on their performance.

**Thesis tasks :**

- ◆ literature research related to the problem and origin of eating disorders (mental anorexia, mental bulimia, atypical eating disorders) and the influence of these disorders to the sport performance
- ◆ survey in groups of women actively performing various sports (athletics, basketball, gymnastics, swimming, triathlon)
- ◆ comparison of these groups in terms of the occurrence of eating disorders (mental anorexia, mental bulimia, atypical eating disorders)

**Results:**

- ◆ Results have shown that the women in the gymnastics group were most dissatisfied with their own bodies, followed by the triathlon group, athletics group, swimmers and basketball players in decreasing order. This had been suspected.
- ◆ 62 sportswomen out of 100 tried a reduction diet. 75 respondees mentioned they had problems with their weight and they would like to lose weight,
- ◆ it has been proven that 32 (51,6 %) sportswomen tried the reduction diet because of their coach

**Keywords:** eating disorders, mental anorexia, mental bulimia, coach, performance,

nutrition