

ABSTRACT

Background: A healthy diet is often ignored even though it is an important element for younger school-aged gymnasts. The correct nutritional content in a diet may help enhance performance, reduce fatigue, accelerate recovery, and reduce the occurrence of accidents and injuries.

Objectives: This bachelor's thesis summarizes the available information regarding the optimal diet for young, school-aged female artistic gymnasts and provides dietary recommendations based on their needs.

Methods: A literature review was conducted and the results summarize the presently available data about healthy diets for young athletes, focusing on younger school-aged gymnasts. Information was obtained from the Czech and foreign literature and nutrition specialists' lectures, complemented with the author's own experience as a gymnastics coach.

Conclusion: Although numerous publications have dealt with the issue of what constitutes a healthy diet for children and adults who participate in sport, neither the practical source of recommendations nor information on an optimal diet has been found for artistic gymnasts. In order to create optimal diet plans to meet the needs of young school-age female gymnasts, the author had to acquire data from materials related to other sports, modifying it slightly according to the gymnasts' needs.

KEY WORDS: diet, children, younger school-age, gymnastics