

Abstract

Title

Use of Dietary Supplements at the Czech Airborne Force.

Objective

The objective of my work was to examine the use of supplements in the Czech Airborne Battalions through the use of questionnaire method and analysis of professional literature. Professional soldiers, especially in airborne battalions, are expected to have a high level of psychological as well as physical readiness. Building on professional literature, articles, internet resources, and information from leading nutrition and supplementation experts I sought to compile a work that would provide basic information on the use of supplementation.

Plan of processing

At the very beginning, it was necessary to have a comprehensive idea of the implementation of the questionnaire method in the Czech Airborne Forces. A review of available materials was followed by a summary of the basic nutrients and supplements that are, in our opinion, the most used in paratroopers. As a next step a questionnaire was created. Then, we handed out and collected questionnaires at individual crews. This was followed by the questionnaire evaluation, charting, and finishing the bachelor's thesis.

Results

Supplementation is very popular with the Czech Army paratroopers. A total of 86.7 % of respondents use dietary supplements. The results show, that the main reason for use of dietary supplementation is to stimulate the body to improve performance. Vitamin and mineral supplements are used by 79 % of respondents and are therefore the most used dietary supplements in paratroopers. The second most frequently used dietary supplement is of a protein nature, 77.6 % of respondents choose this form. Frequently used dietary supplements include those supporting regeneration (used by 76.5 % of respondents), carbohydrate supplements with a frequency of use 59.1 %, and 69 % of paratroopers use supplements as injury prevention.

Keywords

Nutrition, healthy lifestyle, service physical education