**Abstract**

Pregnancy is a one of the most important period in a woman's life that begins with the fusion of female and male sex cells and ends with the miracle of the birth of a new life. During this period woman experiences many physical and psychological changes that are caused mainly by the growth of the fetus. The body of a woman adapts to the new situation and the woman's lifestyle can influence not only the course of pregnancy, but also evolution, health and growth of the fetus. When adhering healthy and varied nutrition, pregnant woman can prevent many congenital developmental defects that could affect the fetus or other diseases that may occur after birth. Sport can improve physical and mental conditions of a pregnant woman and also can harmonize the emerging relationship and bond with the fetus.

This bachelor thesis focuses on the influence of nutrition and sports in relation to course and development of pregnancy. The thesis is divided into two parts. The first, theoretical part, summarizes the information about physical and psychological changes during pregnancy. This part also describes general nutritional and sports recommendations for pregnant women.

The second, practical part, involves comparing recommendations with the observed reality. It contains the results of examining the knowledge of pregnant and non-pregnant women and their comparison. This part includes exact recommendations in nutrition and exercising, which are based on the knowledge from theoretical part and the survey among the respondents.

The aim of this thesis is to summarize all nutritional and sports recommendations on the basis of the above literature and research, so that the pregnancy occurs in the advantageous way for both mother and child.

**Keywords:** pregnancy, nutrition, sports, fetus, pregnant woman