

## **Abstract**

**BACKGROUND:** University studies take place during the end of the risk period of adolescence and early adulthood, which is also related to alcohol use. The students of sport schools and fields are also at risk. Athletes report excessive alcohol use, even though sport is generally associated with healthy lifestyle.

**OBJECTIVES:** The thesis was focused on experience with alcohol use among students of Faculty of Physical Education and Sport at Charles University and its relation with frequency and type of physical activity.

**METHODS:** The research was designed as a cross-sectional study. The sample was formed by students who studied the academic fields of Physical education and Sport and Physiotherapy in the full-time bachelor's programme in Czech language in academic year 2017/2018. The sample was obtained by total selection. The questionnaire consisted of standard alcohol use questions from the ESPAD study (Chomynová et al., 2016) and screening questionnaires CAGE (Erwing, 1984) and ASC (Moskalewicz & Sieroslowski, 2010). The questionnaires were filled in by respondents themselves. The sample consisted of 317 students, the response rate was 62 %. The demographic characteristics of the sample corresponded to the general population. A descriptive analysis was implemented in subgroups of non-athletes (sportingly inactive) and athletes, who were further divided into athletes performing individual and collective sports.

**RESULTS:** Episodic drinking with the frequency more than 1 time in month was reported by 42 % of students (49 % male, 35 % female). Problem drinking with potential negative health and social consequences were reported by 61 % of students and 30 % reported a high risk consumption. Higher risky alcohol use was not observed among athletes than non-athletes. Male collective athletes reported higher rates of alcohol consumption and risky drinking compared to male individual athletes, whereas no difference was reported by females.

**CONCLUSIONS:** Students of physical education and sport have a considerable experience with alcohol consumption including episodic drinking, which is higher compared to patterns and level of alcohol use of other university students in the Czech Republic. Participation in sports, active physical activities or the preparation for future occupation in sport did not show as a protective factor in relation to alcohol consumption.

## **Key words**

alcohol use – university students – athletes – individual and collective athletes