

Abstract

The aim of this bachelor thesis is to study the diet of active adolescents and circumstances influencing it. Theoretical part deals with vast psychoanalysis of adolescents, not limiting to developmental psychology but also mutual influence of the environment on adolescents. Theoretical part also studies physiology of stress and basics of nutrition together with sport nutrition aimed on endurance performance. The experimental part of the thesis consists of eating habits evaluation in adolescents who live at home and comparing it to group living at dormitory. From the sum of 21 active adolescents 7 abstained from cooperation. Despite covering the sample of diverse characteristics of this complex age, simultaneously the number of subjects in the sample of the study was lowered, therefore the differences between the groups became barely measurable.