

Abstract

Title: Factors affecting nutrition of children and adolescents actively involved in sport activities

Objectives: The objective of this bachelor thesis is to find out if there is a difference in interest in diet between the children of age 8-12 and adolescents in the age of 13-17 who are registered athletes and those who are not. And if so, what or who most influences choice of food in those respective groups.

Methods: Theoretical knowledge of nutrition of athletes, eating habits of children and adolescents, and factors influencing nutrition of children and adolescents are processed in the theoretical part of the bachelor thesis. A questionnaire method has been used for the research. The electronic anonymous questionnaire was distributed via Internet. The questionnaire was created and published by means of Google Forms. The research group consists of 166 respondents who filled out the anonymous questionnaire. The respondents are divided into two groups according to their age, the first group of age range 8-12 years, which encompasses 30 respondents, and the second group for the age of 13-17 years, which includes 136 respondents. Every age group is further divided into two subgroups according to the fact whether the respondent is registered athlete or not.

Results: Results of this research show that there is more interest in composition of diet in the age group 13-17 than in the group of younger respondents which showed just a minimum of interest in the nutrition. However, there is not a significant difference in the results among the group of registered and non-registered athletes. Furthermore, the results show that both groups are in the choice of food most influenced by their families, then by a friend, apart from the group of age 13-17 of registered athletes, where the respondents appointed a coach before a friend as a person who would most influence them in their choice of food. There is a difference in higher rate of using the Internet in non-registered respondents of the older age group in comparison to the younger ones, as they listed the Internet in the third place. For all age groups the health reason is in fourth place of what would influence them most in their diet choices.

Keywords: nutrition, nutrition and its impact on the performance, nutrition of children and adolescents, nutrition of athletes, factors affecting the nutrition