

**TITLE:**

The development of nutritional practices in professional athletics

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**ABSTRACT:**

My thesis will be dealing with the theme of the development of nutritional practices through generations in one selected athletic discipline. In the theoretical part I will do various exploration works with similar themes. I will describe athletic nutrition for athletes and different types of classic nutrition and dietary supplements that have been used / are used. The practical part will be based on a questionnaire or interview, where I'll try to find out the nutritional practices of individual elite athletes through generations. I will compare these results and make appropriate conclusions.

**KEYWORDS:**

Nutrition, a dietary supplement, sports, athletics, generation