

ABSTRACT

Title: Eating habits of football players and inactive students aged 16 – 17 years.

Objectives: The main objective of this work is to determine the eating habits of a group regularly trained football players aged 16 – 17 years and inactive students the same age and sex outside of their home. The second objective is to compare obtained data between the both groups. The work solves problem of fast food and notice č. 282/2016 Sb., which is validity on 9/20/2016 and regulates offer of school food machines and buffets.

Methods: Three hundred persons participated in the testing in total. The work was used explorative method of anonym enquiry. The theoretical part was used literature review of available literature. For quantify of data was used descriptive access. For methods of data analysis were applied logic, induction and comparison. Logical and induction methods were used in conclusions. The method of analysis was used in the analysis for the individual groups. The method of comparison were compared investigated groups. It was evaluated influence of sport on children's eating habits.

Results: Active approach to the sport can positively influence the minds of adolescents about food and their eating habits despite the fact that football players the most attended fast food from all of the examined files. It was found that attendance of fast food affected density of occurrence in an area. The results showed that football players neither sport inactive students do not use the possibility to shopping food and drinks in school food machines or buffets at secondary and vocational schools.

Keywords: Fast Food, Football, Obesity, Marketing, Eating Habits, Obesity