

## **Abstract**

In my bachelor's thesis I have been dealing with a risk behavior in the field of nutrition of Czech men and women ski jumpers. The goal of the bachelor's thesis was to find out whether Czech men and women ski jumpers maintain their physiological weight, whether they use inappropriate practices (for example, induction of vomiting) in the context of weight loss. I also investigated whether there is an effort of the International Ski Federation to reduce the risk of eating disorders among athletes engaged into this discipline.

In the theoretical part of this bachelor's thesis, I focused on individual types of eating disorders, risk factors for their occurrence, health complications associated with eating disorders or the epidemiology of these disorders. Furthermore, I focused on the ski jumping itself, explained the rules, especially those concerned about the weight of jumpers. I found out how important is the weight of the jumper in the final length of his jump. I also focused on the development of body weight of professional ski jumpers.

The practical part was realized in the form of own designed non-standardized questionnaire. The questionnaire was filled in by 49 respondents, 17 women and 32 men. According to the BMI, a third of respondents are underweight, more often women (55 % of women). A total of 6 respondents induced or induces vomiting during their active career. 5 respondents use laxatives. 69 % of respondents were pressured over their body weight during their active career.

Key words: ski jumping, sport, eating disorders, nutrition