

Abstract

This bachelor thesis deals with the issue of eating disorders (ED) in gymnastics. Eating disorders are serious mental illnesses that occur especially in adolescent women. Gymnastics, as a sport with an emphasis on aesthetics, is risky in terms of ED, it affects the occurrence of a large number of risk factors that affect gymnasts.

The theoretical part of the bachelor thesis generally summarizes the individual diagnoses of eating disorders, risk factors, incidence and prevalence, health complications, treatment and disease prevention. These general findings are supplemented by the current state of knowledge of eating disorders from the gymnastic environment. The second half of the theoretical part introduces the principles of energy metabolism and healthy nutrition.

The practical part consists of quantitative research, carried out using a questionnaire, which was imaginarily divided into two parts.

The first half of the research examines gymnasts' attitudes to nutrition and diet, and the second half examines ED in gymnastics. Due to the absence of males, the research results can only be applied to women.

Research confirms the frequent occurrence of risky behavior among gymnasts, the popularity of reduction diets, low body weight or high ambient pressure, which is mainly caused by coaches. Research further confirms that eating disorders occur in gymnastics, with up to two-fifths of gymnasts surveyed reporting suffering ED or having suffered ED in the past. The research also showed the attitudes of gymnasts to nutrition.

The education of gymnasts, coaches and parents, as part of prevention programs, can prevent eating disorders in gymnastics and it is therefore appropriate to pay attention to it.