

Abstract

Nutrition with sufficient content of calcium is important for optimal growth and development of the skeleton. Insufficient intake of this mineral during adolescence can have negative effects on bone in the form of not reaching the peak bone mass, the amount of which formed at this time subsequently affects the health of bones during the rest of life. For girls doing aerobic gymnastics, bone health can also be compromised by other factors related to the risks of this aesthetic sport. The main goals of this thesis were to determine the daily dietary calcium intake and the awareness of the importance of calcium in the diet of girls doing aerobic gymnastics. For the research of the girls' knowledge an electronic questionnaire was used and it was completed by 92 respondents at the age of 12–18 years across performance categories of aerobic gymnastics. Based on the answered questions, it was found that the respondents' knowledge of this issue is unsatisfying. To determine the amount of calcium ingested by diet, 4–6 days diets were written by 11 members of aerobic gymnastics representation. After calculation of these diets, the insufficient daily intake of dietary calcium was found and it averaged about half of the recommended values. From the analysis of the diets it was also found out, that the girls don't eat calcium-rich dairy products enough, which can be one of the reasons for calcium deficiency in the diet. The results of the thesis show the importance of education about healthy nutrition and adequate intake of calcium in the diet of adolescent girls doing aerobic gymnastics.

Keywords: calcium, adolescent girls, aerobic gymnastics, dairy products, bone