

Abstract:

The theme of this thesis is sports diet. It is divided into two parts. A theoretical part explains balanced diet. It describes the mechanics of energy generation during physical activity and the characteristics of rowing and Crossfit. The focus is on diet in those disciplines. Based on the theoretical foundation is build a practical part, where the statistical data are analyzed and evaluated.

The goal of this thesis is to discover, whether there is a difference between rower's and Crossfit athlete's diets. To find out, specialized questionnaires about eating habits have been used. Sixteen sportsmen/sportswomen have filled the questionnaires. Based upon collected data about their intake of selected nutrients in the last month, there were no statistically significant differences in energy intake, protein consumption (neither animal nor plant-based), amount of fruit and vegetables, fatty acid spectrum nor added sugar intake. The data have nonetheless indicated differences, eg. Crossfitters tend to have higher animal protein consumption and lower intake of fruit.

Key words: crossfit, eating habits, nutrition, rowing, sport diet