Abstract

This bachelor thesis deals with the nutrition of competitors in the obstacle sport known by the abbreviation OCR. The main task of this work is to describe the importance and significance of sports nutrition and its timing in this strength and endurance sport and consequently compare the diet of OCR competitors with nutritional recommendations for this sport. The aim of the work is to determine what awareness competitors in this sport have about sports nutrition and whether their energy intake is sufficient.

The method of evaluation of the dietary record was used for the solution, to which a short questionnaire on the characteristics of the athlete and his training was attached. The research group consisted of 12 competitors (5 women and 7 men) in the age range of 19-33 years. Through research, I found that energy intake was not sufficient for both women and men. The average daily energy intake for women was 8,076 kJ, which corresponds to 83% of the recommended daily intake for this group of women, for men this average intake was 10,519 kJ, i.e. 82% of the recommended standard. In particular, carbohydrates played a key role in inadequate energy intake, their amount being significantly lower than recommended in both sexes.

Based on quantitative research, I can say that OCR competitors do not have enough information about nutrition and its importance in sports, so their energy intake was not sufficient for their physical activity. This finding could help OCR teams consider whether to provide more education for their team members and start working with nutrition therapists, for example.

Key words: sports nutrition, obstacle course racing, power-endurance sport, energy intake