

Abstract

The subject of the research and the research problem is the effort to evaluate the nutrition of extra-league hockey players and its comparison with the general population. The nutrition of an ice hockey player is usually not one of the most discussed topics in the field of sports, yet it has a great impact on sports performance.

The goals were to compare the basic macronutrients, energy intake, number of meals or fluid intake.

The theoretical part of the thesis is written about the characteristics of hockey and the nutrition of hockey players in the field of intake of carbohydrates, proteins, fats, drinking regime and supplements. In the practical part of the work is a quantitative research survey monitoring the diet of hockey players and its practical composition.

A comparative method was used to compare the two groups, anthropometry for body analysis, online questionnaires for monitoring habits and recorded daily menus.

It was important to note that most top players have limiting knowledge of nutrition issues. Education of elite athletes in the field of nutrition can ensure the development of their full sport potential.