

Abstrakt

Introduction: Placebo has long been a well-known concept and the placebo effect phenomenon has been studied in a number of medical fields. In addition to its effect on pain, depression and other illnesses, other attempts are increasingly being made to find a possible use of the placebo effect. The aim of the thesis was to determine whether the administration of placebo has an effect on sports performance.

Methodology: The research was conducted in two phases. The first phase was the measurement of three runs of amateur crossfit athletes at a distance of 800 m. After the run, time and subjective evaluation of the perceived effort Borg scale were written down. In the first run placebo was administered, in the second run a commercially available preworkout supplement(L-carnitine) was administered and the third run was a control run without a tablet. The measurement results were statistically processed using Student's two-sample unpaired t-test to the mean value. The second part consisted of filling in questionnaires and then processing the resulting data.

Results: After evaluating the research part, we found that in our research, placebo had no effect on athletic performance.

Conclusion: The placebo and placebo effects have proven effects in many industries. Further research is needed on placebo and its use in sport.

Keywords: Placebo, placebo efekt, placebo and sport, sport, crossfit, sport performance, influence on sport performance