

## **Abstract**

- Title:** Specifics of nutrition of sports active children and their quality of acquaintance with sports nutrition
- Author:** Michaela Vondrovská DiS.
- Supervisor:** PhDr. Mgr. Martin Pěkný, Ph. D.
- Objectives:** The first goal of this work is to find out to what extent sports children know sports nutrition, what overview they have about diet and whether they think that nutrition can affect their sports performance. The second goal of the work is to find out whether children believe that proper eating can affect sports performance. The third goal is to create opportunities and proposals to improve children's awareness of nutrition area and diet.
- Methods:** The necessary data were obtained by a non-invasive method of online survey. This survey was performed on children aged between 8 to 13 years.
- Results:** As a result of the work, it was found that 79% of respondents are interested in changing their diet for the better. However, at the same time, 85% of respondents said they do not think that rational nutrition could affect sports performance.
- Keywords:** Nutrition, healthy nutrition, diet, children, sports