

Abstract

Gymnastics is an aesthetic sport in which the emphasis is placed on optimal physical appearance. However, this is often associated with maintaining an inadequately low body weight, which can have a negative impact on both health and sports performance. For some of its features, gymnastics is thus found to be one of the possible risk factors for eating disorders. When it comes to the teenage population of female athletes, the aforementioned issue becomes even more important. Teenage gymnasts between the ages of 15 and 18 from two gymnastic sports, rhythmic gymnastics and aerobic gymnastics, participated in the research carried out as part of this diploma thesis. The aim was to find out whether the diet of gymnasts differs depending on the different sports and whether these gymnasts consume food adequately both in terms of its quantity and quality. For this purpose, the gymnasts recorded their food intake, while the 4-day food records provided by 8 representatives of rhythmic gymnastics and 8 representatives of aerobic gymnastics were subsequently evaluated. Based on the average of 4 individual days data and comparing the results with the recommendations, it was found that the diet of the gymnasts was insufficient from an energy point of view. On average, the participants did not reach the recommended daily intake for almost all of the micronutrients evaluated. The compared groups of gymnasts did not fundamentally differ in these respects. Another goal of this study was to determine the risk of eating disorders, for which the validated SCOFF questionnaire was used. The results showed that 50 % of the examined group is at risk of eating disorders, while rhythmic gymnastics appears to be more risky from this point of view. The results of the diploma thesis show the need for properly implemented education of coaches, parents and gymnasts regarding nutrition in connection with sports and health aspects.

Keywords: rhythmic gymnastics, aerobic gymnastics, adolescent girls, nutrition, eating disorders