

ABSTRACT *(AJ)*

Aim of the study: the main aim of this study is to analyse the prevalence of eating disorders in volleyball players. Secondary objectives are the influence of the coach and the team collective on the development of eating disorders, as well as the volleyball players' awareness of sports nutrition.

Methods: Data were collected anonymously via an online questionnaire containing 22 questions. The questions focused on the analysis of eating disorders, body mass index, inappropriate comments about one's own body from coach, teammates, family and others, eating habits, and volleyball players' knowledge about sports nutrition. The questionnaire was open for one month, from February 25 to March 25, 2024. A total of 94 respondents answered the questionnaire, of which 7 were excluded due to not meeting the age range of 18-28 years. Thus, the research sample consisted of 87 respondents registered in volleyball clubs in the Pilsen region, of which 62 were female and 25 were male.

Research results: The analysis of the prevalence of eating disorders showed a 50% possible risk in women and 20% possible risk in men, the overall risk was 41,4%. Inappropriate comments about one's own body from the coach were confirmed by 34,5% of respondents, and from teammates by 18,4% of respondents. Thus, the coach and teammates could have a low influence on the development of eating disorders. Knowledge of macronutrients and interest in sports nutrition was demonstrated by 48,5%. Distinction of individual or at least some sources of macronutrients was demonstrated by 87% of respondents. The knowledge of volleyball players about sports nutrition is average.

Conclusion: The results suggest a relatively significant potential risk of eating disorders among volleyball players. This risk should be verified by further extended research and structured interviews with individual respondents. Education of coaches, players, and those around them about the risks of eating disorders should be conducted as part of prevention efforts. Sports nutrition could build on this education due to an understanding of the increased energy needs of sport.

keywords: Eating disorders, volleyball, collective sport