

## **Abstract**

**Title:** Sport and Sexuality

**Objectives:** The aim of this bachelor thesis was to summarise information on the relationship between human sexuality and sport, and to identify possible gaps in current research and to suggest topics for further study in this area.

**Methods:** The bachelor thesis was conducted as a narrative review study. The electronic scientific databases PubMed, Scopus, Web of Science and EBSCOhost were used to select appropriate scientific studies.

**Results:** Sexual activity during training may contribute to relaxation and have a positive effect on athletic performance. Exercise or sport can have both positive and negative effects on sexual health and behaviour. The most commonly reported negative effects are erectile dysfunction in men and urine incontinence leading to loss of sexual desire in women.

**Conclusions:** The positive effects of sexual activities on sport performance are individual and their use within the training process needs to be further investigated. On the other hand, coaches should be aware of the risks associated with selected sports activities, such as trampolining for females and cycling for both sexes.

**Keywords:** performance, sexual health, dysfunction, incontinence, gender