

ABSTRACT

This bachelor thesis focuses on the influence and effects of creatine supplementation on athletic performance and neuroplasticity of an individual. The aim is to test the effect of creatine on selected aspects of physical activity and related cognitive performance? The present research provides a partial review of the literature and selected previous research related to this topic and experiments conducted in this area. The thesis offers a partial perspective and experimentally verifies whether creatine supplementation facilitates the memorization and subsequent performance of gymnastic movement patterns on simple after a week of creatine supplementation. The present study aims to clarify the relationship between creatine, movement and memory, to contribute to a better understanding of the effects by which creatine may influence athletic and cognitive function, and to offer suggestions for further related research.

KEYWORDS

dietary supplements, cognitive function, neuroplasticity, gymnastics, floor exercise

