

Abstract

The aim of the thesis is to determine the level of knowledge in the section of nutrition and exercise physiology of fitness trainers. The theoretical part is focused on the job description and theoretical knowledge of nutrition and exercise, which should be integral part of trainer's education.

The aim of practical part is to examine trainer's knowledge about nutrition and exercise through questionnaire study and subsequent presentation of the results. These results suggest that the knowledge of nutrition and exercise physiology of fitness trainers is on the sufficient level.

Key word: Nutrition, physical activity, Trainer's duties