

Ethnography of women's bodybuilding competition

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Abstract

The aim of this diploma thesis is to provide a comprehensive ethnographic picture of women competing in bikini fitness, wellness fitness, bodyfitness and physique. The research on the chosen topic took place between 2017 and 2019 through participatory observation at competitions in fitness and bodybuilding organized by the Association of Bodybuilding and Fitness of the Czech Republic. The observation was continuously complemented by interviews with competitors, coaches, dieticians, members of the association and other informants who helped me to complete the picture of this subculture. In my work I focus on selected domains, such as the days of competitions and preparation for them, doping, the fight against criticism coming from the society, the financing of sports and the overall impact of this lifestyle on the health and personal life of competitors.

Key words

Fitness, bodybuilding, women, bikini fitness, wellness fitness, bodyfitness, physique