

SUMMARY

- Title:** The problems of nutrition and doping in bodybuilding and fitness
- Purposes:** The aim of the thesis was to find differences in the area of nutrition and doping in condition fitness exercisers, active amateur competitors and professional athletes in bodybuilding and fitness, in the area of macro nutrients intake, drinking regimen, dietary supplements and abuse of doping.
- Methods:** For the research, the qualitative method was chosen as a survey. The survey is divided into questions identifying information about problems of nutrition and doping. It contains a combination of open, closed and semi-closed questions. The selected set of examinations was a random sample of condition fitness exercisers, amateur and professional bodybuilding and fitness athletes.
- Results:** The survey shows that although condition fitness exercisers perceive the optimal macronutrient and micronutrient intake, drinking regimen and dietary supplements as part of success in bodybuilding and fitness, their awareness and discipline do not reach the same level as competing respondents (amateurs and professional athletes). The diet of the competitors corresponds more with the recommendations in the literary sources. Minimal differences were found between the nutrition of condition fitness exercisers and athletes (amateur and professional), main differences in the proportion of protein supplements, consumption of a more diverse range of carbohydrate sources, lower fish consumption, higher consumption of dairy products or in choices of meals before and after training in group condition fitness exercisers.

Furthermore, the problems of the using doping substances were analysed. The survey questions found out the most frequently abused substances, the form of their use, procedures for the use of doping substances, the reason why are they abused and whether users had health problems. The survey shows that the abuse of doping substances mainly affects competitors (37 % of amateur and 100 % of professional respondents). However,

representatives of the category of non-competitors – condition fitness exercisers have experience with doping, this is 20 % of respondents. From the total group are 32 users of doping substances, 42 % have experience with both forms of substance use (oral and injectable). The most used substances are testosterone and oxandrolone or clenbuterol (in the cutting period).

The reason for the use of doping substances is higher performance in group of competitors and an increase in muscle mass in group of condition fitness exercisers. Furthermore, condition fitness exercisers use prohibited substances to lose weight and regeneration.

The cycle of doping use and their exclusion is observed within respondents using doping, with the exception of 6 % of respondents.

Despite the fact that total 25 % of respondents using doping said, that they had (have) health complications related to the use of doping substances, but they continue to use these substances. Health complications have 44 % from group of doping users condition fitness exercisers, 17 % of amateur athletes and 20 % of professional athletes respondents from the group of doping users. The most common health complications are: voice thickening and female hormonal instability, higher liver test values, high blood pressure and cholesterol or blood urine and more.

Key words: Nutrition, competitor, condition fitness exerciser, bodybuilding, dietary supplements