

## **Abstract**

**Title:** The characteristics of precontest diet in bodybuilding and fitness men

**Goals:** The aim of this thesis is to verify the latest information by non-fiction literature and scientific studies and to give as objective information and procedures about the methods of nutrition, supplementation and drinking regime in preparation for bodybuilding and fitness competitions as possible.

**Background:** The theoretical part of the thesis deals with the issue of bodybuilding and fitness, both specific and general principles of nutrition, supplementation and drinking regime for adult males. The thesis clarifies particular patterns on this issue. These are e. g. the specifics of the pre-competitive diet, the intake of macro and micronutrients, the right choice of nutritional supplements to prevent muscle loss, the regeneration support, the fat reduction, the carbohydrates looping, the fluid intake. The next part of this thesis clarifies the current state of research, which is associated with this issue thanks to specialized books, periodicals and scientific articles. This literature search brings up to date view of the issue mainly from the view of current literature.

### **Key Words:**

Competition, diet, fat-burning, bodybuilding and fitness, nutrition, supplementation