

SUMMARY

- Title:** The nutrition in bodybuilding and fitness
- Purposes:** The aim of the Bachelor thesis was to reveal differences in nutrition of active competitors in bodybuilding and fitness versus recommendations of publicly available scientific literature about nutrient intake, use of dietary supplements and adherence to drinking in the bulk, cutting and final period of super-compensation.
- Methods:** For the research, the qualitative method was chosen as a survey. The questionnaire is divided into questions about the different periods of preparation for the competition in bodybuilding and fitness. It contains a combination of open and closed questions. The selected set of examinations was a random sample of competitors in different categories of bodybuilding and fitness.
- Results:** In the survey, it was found that competitors usually eat according to recommendations made available to the public. However, individual differences were also found in nutrition intake, drinking, use of dietary supplements in the bulk and cutting period. Were found the specific procedures in nutrition intake, drinking, use of dietary supplements and sweeteners in the period of super-compensation.
- Key words:** Nutrition, competition preparation, competitor, bodybuilding, dietary supplements