

## **Abstract**

### **Title**

Motion Performance in Competitive Body Building and Fitness, the System of Free Routine Judging in the IFBB Fitness Competition.

### **Aim of the thesis**

To express the performance evolution in body building, stage performances and fitness as a subsequently developed sports branch of body building.

To use valuable experience from other technical esthetical sports branches performances including their judging in fitness.

To suggest new fitness performance judging rules created on the basis of information obtained from experts through controlled interview and inquiry and on the basis of my own experiences in order to specify creation of the free part fitness performance by implementation mandatory elements and esthetical standarts.

### **Methods**

To reach the results we used analysis of motion performance in body building and its newly developed branches, controlled interview, consultations and inquiry.

### **Results**

The final draft of the fitness free routine judging could help to make judging rules more transparent not only for judges but also for competitors. At the same time it could help to understand the objectives of the fitness free routine and to increase competitors motivation for fitness competitions.

### **Key words**

Body building, fitness, technique of the motion performance, aesthetics of the motion performance, competitive rules of competitive body building and fitness, The International Federation of Body Building and Fitness - IFBB.