

Abstrakt

Title:

Pre-competition preparation of athletes category of men's physique

Objectives:

The main aim of this thesis is the accumulation of available sources of information about problems in the field of bodybuilding and fitness. The data analysis, confirmation or disproval of hypotheses and preparation of detailed attitudes of experienced or future competitors in the category Men's physique.

Methods:

The research in this thesis was based on survey containing 10 questions intended for respondents who are regular or future competitors in the category Men's physique. The questions were designed to allow only one answer or multiple choice. The survey was made in electronic form on the website www.surveymonkey.com with the accumulated total of 63 responses. Another 17 responses were obtained through personal contacts in fitness centers.

The results:

Carried out research confirmed the following hypothesis: Majority of respondents prepares for a competition completely on their own. Majority of respondents in pre-competition stage uses at least five basic diet supplements. Disproved hypotheses were as follows: One-third of respondents participated in the competition in the category men's physique just after one or two years of training; 70% of respondents take care of their physical somatotype when setting a daily intake of macronutrients needed. Based on these results it is evident that the pre-competition stage can be completed absolutely independently. Use of at least five basic supplements in pre-competition stage is advantageous. It is also necessary to get the competitors aware of the importance of body somatotype.

Keywords:

Bodybuilding, men's physique, diet, history