

Abstract

Title:

Reduction of body weight before the competitions in fitness - a review study

Objectives:

The main aim of the bachelor thesis was to analyze the specifics and principles of nutrition in bodybuilding, to characterize the most commonly used diets, and to identify the most appropriate diet during the pre-competitive period.

Methods:

In this review study, the electronic databases SportDiscuss, ScienceDirect and Ebsco were used to obtain relevant information. In addition, the work contains an appendix illustrating the author's own experience of work in preparing for competitions in bodybuilding in the Bikini fitness category.

Results:

The bachelor thesis contains a brief overview of some dietary guidelines and recommendations, which are commonly practiced before a bodybuilding competition. It gives the choice and comparison of both diets that are currently used and those used in the past.

Conclusions:

The analysis of the dietary recommendations shows that, at present, there is no single universal recommendation. However, the choice of diet should be individualized based on the current needs of athletes.

Key words:

Reduction, body fat, body weight, training, athlete, bodybuilding, nutrition, diet