

Nutrition and Supplementation in Fitness and Bodybuilding

Abstract

The topic of this master's thesis is "Nutrition and Supplementation in Fitness and Bodybuilding". Physical fitness is getting more and more popular and becoming a global industry. Young people tend to prefer gyms to other types of physical activities. The advantage of fitness workouts is that there is no age limit, provided the person is healthy, as evidenced by exercising individuals who are 15 years old but also senior citizens over the age of 65.

The empirical part of the paper was conducted using a qualitative method, gathering respondents through snowball sampling where participants identify others. As many as 28 respondents were divided into two groups: people doing conditioning and bodybuilding whose characteristics are explained in the Operationalisation chapter. All respondents did a semi-structured interview and provided a three-day diet plan. The goal was to map eating habits and the most common diet plans of people doing conditioning and bodybuilding, and to discover supplements they use the most frequently.

The practical part of the thesis focused on the most frequent diet plans and supplements in fitness practitioners. The research findings indicate that the most common diet is high in protein and carbohydrates and low in fat, which some studies consider a typical plan of bodybuilders. It is also common among people following an advanced conditional training plan who are trying to achieve good results. The most frequently used supplements included whey protein, multivitamins, creatine, glutamine and BCAAs. The research showed that all respondents take in over 2 g of protein per kg of body weight. The study also looked into specific eating habits and found that the most frequent habits involve multiple meals a day, a regular schedule and avoiding alcohol.

The practical part of the paper includes an analysis of respondents' diet plans. Plans were recorded in the Nutriservis app. They are also displayed on a list which includes energy and macronutrient values and all meals participants ate for the overall evaluation of ingredients and macronutrient sources. The analysis shows that most respondents in bulking season attempt to have their diet as diverse as possible and include different types of protein, carbohydrates, healthy fats, dairy, fruit and vegetables.

Keywords: fitness; bodybuilding; diet; diet plan; training; supplements; protein; creatine; vitamins; sport