

Abstract

Title: Comparison of a standard adult non-athlete diet with a diet of athlete in preparation for bikini fitness competitions

Aim of the thesis:

The primary goal of this bachelor's thesis was to compare the differences between the regular diet of adult non-athletes and the pre-competition diet of female athletes who are preparing for bikini fitness competitions. The aim of the work was to analyze the individual differences between the diets, with the help of calculations of the total daily energy intake of the respondents, the amount of macronutrients, simple sugars and fiber in their diet, a comparison of the daily drinking regime, subsequent entry into graphs and a visual comparison of the diets.

The secondary goal of this work was to acquaint the reader with the nature of the pre-race diet, its principle and its effect on the change in the body composition of the female athlete during the pre-race preparation. This work also aimed to present the effect of a precisely set and strictly observed diet, thanks to which a significant change in body composition can be achieved. Readers of this work will, among other things, learn about various dietary methods for reducing body fat and at the same time for preserving muscle mass during a caloric deficit.

Methods:

The work was carried out in the form of a questionnaire study, with the help of which food records of two groups of women were obtained and subsequently the differences between the diets of these two groups were analyzed. The first group consisted of women (5) aged 20-30, healthy, competitors in preparation for a bikini fitness competition, without dietary restrictions. The second group consisted of women (5) aged 20-30 years, healthy, non-athletes, non-athletes, without dietary restrictions. The work collected their detailed food records (type of food/liquid, amount, intake of supplements, ...). Each respondent provided four daily meal records during a total of twelve weeks (one record per three weeks, one weekend day). During these weeks, respondents from a number of competitors were in preparation for the spring season in the bikini fitness category. In total, 40 complete meal records were obtained. For each respondent, two of her complete daily meal records were included in the appendix. Finally, all the data found were analyzed, put in graphs, and the diets of female competitors and non-competitive women were graphically compared. The work mainly examined the amount of overall energy intake, the amount of macronutrients, simple sugars, fiber, supplements and the daily drinking regime of the respondents.

Key words:

Bodybuilding, fitness competition, nutrition, diet, muscle mass, fat mass