

# STUDY REGARDING THE PRACTICING OF COMPETITIONAL FITNESS AND THE MATERIAL RESOURCES OF SPECIALISED UNITS FROM BACĂU CITY

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**Abstract:** *Competition is a human being phenomenon, born from the natural desire to compete. The high performance fitness/bodybuilding sportsmen achieve different objectives, some purely material, some purely competition.*

*This paper aims to approach the causality relationship between the fitness/bodybuilding selection and the endowments.*

*We intended to check the hypothesis on which a great number of practitioners of fitness/bodybuilding, together with a modern and large endowment comes as a solid base for the selection of subjects, able to participate in cut-off competitions. The research was done during September, 2016 – March, 2017, on 120 subjects, from the total approximate of 800 practitioners of fitness/bodybuilding in Bacău city. The research methods used were observation, questionnaire and mathematics/statistics.*

*The results refuted our hypothesis, thus we can conclude that others are the causes which favours the selection and implicitly performance in this sport area.*

**Keywords:** *bodybuilding / fitness, performance, selection, infrastructure.*

## 1. Introduction

The wish to achieve and display a proportional, strong, beautiful body, is common among women and men alike, be they young or older [2, 3].

Unfortunately, there is no wonder diet or drug that is truly efficient unless coupled with physical effort, a lot of sport, or constant workouts, more movement. Movement must be done regularly, not

just when we wish to lose weight, but generally, because movement is helpful for maintaining the muscle tone of the entire body [5, 6].

The concern for harmonious and proportional development of the body, the aim for vitality, seeding a beautiful posture, maintaining health and body proportions, has created the notion of “bodybuilding”.

Weight lifting for the bodybuilding

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practitioner is not dangerous, on the contrary, it strengthens health, can be practiced by any person that doesn't suffer from certain chronic illnesses. The muscle speed and coordination of the trained bodybuilders is greater than those untrained with weights [4].

Like in any other sport discipline, the high performance practitioners achieve a variety of goals [1] some material or for the sake of competition, others just for a near perfect body. This is the case of fitness/bodybuilding practitioners. We cannot speak of fabulous earnings, nor worldwide fame. On the contrary, these sportsmen invest a lot of effort and endure barely acceptable things just to obtain a perfect body definition, a visible vascularisation, a noticeable hypertrophy and a michelangelo-like proportionality.

As a form of respect for them and also for the sake of promoting this sport not just at the leisure level, we aimed to gauge the existence of competition fitness in Bacau city and how much the equipment and ambience impacts performance.

In regards to the breadth of our national fitness phenomenon in recent times, the large number of fitness practitioners, the need and necessity of constantly practicing organised physical exercise, in his paper, we intend to amplify the responsibility of the specialists in this field in the way of determining professional attitudes among them and managers alike, for the purpose of offering quality services for the fitness practitioners and a great percent of them to be able to compete on national and international scenery.

This study aims to approach both the fitness/bodybuilder practitioners' interest to compete or just as a leisure and a

radiography for the existent endowments in Bacau city related to this sport.

The main goal of the study is focused in promoting the fitness and bodybuilding at performance level by identifying the most important locations and training methods and also nominating those which are actually involved into competitions.

Made during November, 2016 – May, 2017, this study aims to validate the hypothesis on which a great number of fitness/bodybuilding practitioners, together with a big, modern infrastructure are premises for the selection of potential subjects able to compete in resort competitions.

## 2. Material and Methods

The research was conducted mainly as a direct observation in profiled clubs from Bacau city and approx. 120 practitioners were effectively analysed, but data was collected for the whole target group, approx. 900 clients of those clubs.

Table 1

*Target group (fitness/bodybuilders practitioners from Bacău city)*

No.	Club name	Client count	Males
1	QFitt	253	121
2	Arena Mall	154	143
3	EMD	72	53
4	WorldClass	182	119
5	Other clubs	156	127

The research methods used were bibliographical study, observational method, the interview and questionnaire method and statistical and mathematical method.

As a first step in our research we identified the main locations in Bacau city specialised in fitness/bodybuilding and

also we conducted the analysis of the endowments and offered services. 11 locations were identified, with a focus on the endowments and their modernity, the age and number of clients, the frequency of the clients' trainings, the advantages and disadvantages of each location. Also we counted the fitness and bodybuilding practitioners separately and the purpose for their training – leisure/performance. We collected intel from the instructors, administrators, managers and even sportsmen about those involved in competitions, and the result was astonishing, because we could only identify 5 sportsmen, despite the big number of practitioners.



Fig. 1. Zaharia Claudiu (club QFitt), Age: 20 , Student FSMSS Bacău, H/W: 1,76m, 79kg, Results: 1<sup>st</sup> place Romanian Bodybuilding and Fitness League, Men Physique category, 2017



Fig. 2. Tufaru Andi Florin (club TNT) Age: 20 ani, Student FSMSS Bacău, H/W: 1,70m, 72kg, Results: 5<sup>th</sup> place Romanian Bodybuilding and Fitness League, 2017



Fig. 3. Ionesei Ionuț (club RedGym), Age: 42, H/W: 1,80m, 81kg, Results: National Vice Champion Bodybuilding, 80kg category, 2007

The astonishing result regarding those 5 male competitors (no female involved) from a big number of practitioners was somehow predictable, because a 2009 news article was pointing out the dramatic state of competitional fitness/bodybuilding [...] (<http://www.observatordebacau.ro>).

Another step in our scientific intent was the application of a questionnaire regarding aspects of bodybuilding practicing as a leisure or competition on a number of 121 persons, fitness/bodybuilding practitioners.

#### QUESTIONNAIRE

regarding aspects of bodybuilding practicing as a leisure or competition)

1. For how long are you training in fitness / bodybuilding?

- < 3 years  
 - 3 – 5 years  
 - 5 – 10 years  
 - > 10 years

2. How many trainings per week?

- 2 times  
 - 3 times  
 - 4 times  
 - 5 times

3. Did you compete / Are you competing in profiled competitions?

- YES  NO

4. If "YES" on question 3, which are the reasons?  
 .....

5. If „NO" on question 3, which are the reason you didn't compete?

- not interested  
 - can't afford it  
 - not motivated for their possible rewards  
 - too much effort / work  
 - no sponsors  
 - lack of professional trainer  
 - is dangerous

6. Do you think you can perform in fitness/bodybuilding competitions with the actual equipments of your club??

- YES  - NO  - don't know

### 3. Results and Discussions

After processing the answers of 121 practitioners to the applied questionnaire, the results were:

On question 1, more than half of fitness/bodybuilding practitioners do practice this for 3-5 years (53%), followed by 5-10 years (25,6%). Only 4.13% of those interviewed practice it for longer than 10 years.

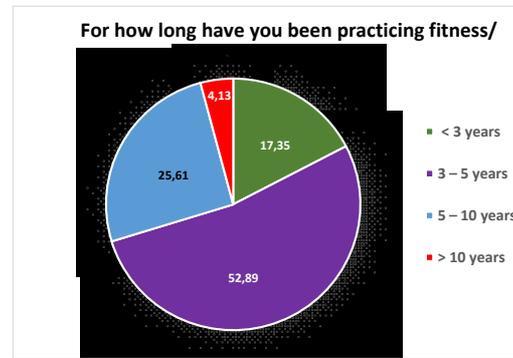


Fig. 4. Question 1 answers percentage

On question 2 – „ How many trainings per week”, a big majority (62%) do an average 3/week trainings.

How many times do you train weekly?

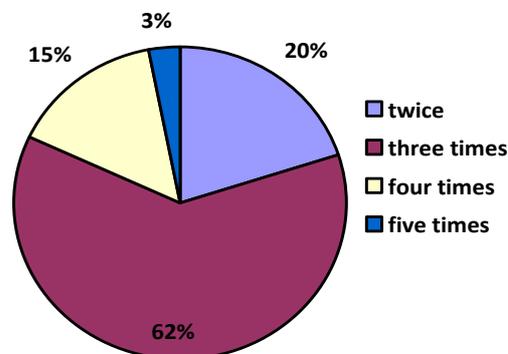


Fig. 5. Question 2 answers percentage

On question 3, obviously, those 5 identified sportsmen are only 4,13% a small percent in the context of big number of practitioners.

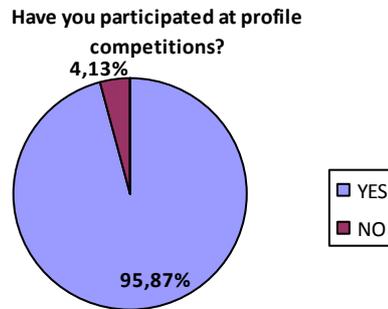


Fig. 6. Question 3 answer percentage

On question 4, those 5 sportsmen which answered "Yes" on question 3 justified their motives as personal aspiration, perfecting their own body, fame. An interesting fact we founded instead for the respondents of question 5.

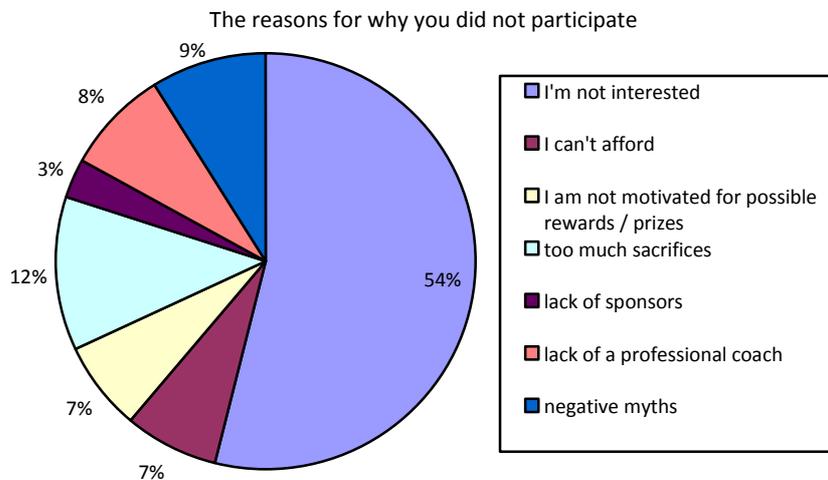


Fig. 7. Percentage of answers at question 5

Thus, more than 50% are not interested at all about the idea of competition, 12% argues that this sport demands too many efforts, 9% are influenced by "negative myths" related to this discipline, and another 8% are not competing because of the lack of professional trainers.

For the last question, most majority claims that it can be performed at the competition level, which is mostly a paradox, considering the minuscule count of those who really take part in competitions.

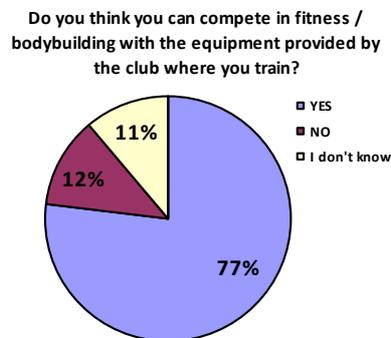


Fig. 8. Percentage of answers at question 6

Although we've expected that our hypothesis to be fully confirmed, the results dismissed it, and more, they shown us concerning facts, which don't favor by any means the perspective of a competitional grade fitness/bodybuilding for the Bacau city.

A gladdening fact is the existence of a relative bug number of leisure fit/bodybuilding practitioners, from a large pool of ages, and also there is a significant care from the administrators and keepers of clubs.

As a personal interpretation, we can argue that the sportsmen involvement in the competitional fitness/bodybuilding is a matter of all decider factors from the sport industry, of some professionals (instructors, trainers) which can direct the sportsmen in this direction, of an emphasized promoting of this discipline at the media level and of some national policy to involve sport organisation and economical entities to effective support this sport branch.

It is possible for those professionals we talked about to come form FSMSS Bacau, as just they are those who compete and aim for a career in this direction, a fact which can be common to other profiled faculties as well.

#### 4. Conclusions

As data shows, there are at least 800-900

fitness/bodybuilding practitioners who are periodically training in a constant and organised manner, in clubs with good equipments. Though we speak of a small percent (800-900 practitioners from a pool of 140000 denizens in Bacau city means 0.5%-0.6%) at the town level, for fitness/bodybuilding branch is a significant one. Still from a statistical point of view, 0.5% competitional sportsmen from 800-900 practitioners means little, and thus our hypothesis can be rejected, the selection in this branch being regulated by other means.

It is gladdening that in a small city like this one, there are many clubs which can satisfy the most demanding requests and also we can appreciate the variety of fit classes from these clubs and their profitability.

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