

## The Constitution Correction of the Highly Skilled Sportsmen Specializing in Bodybuilding, in the Preparatory Period of the Year Cycle

*National university of physical training and sports of Ukraine (Kiev)*

**Introduction.** Bodybuilding – a sport in which sportsmen compete by showing the body [1]. Essence of bodybuilding is the directed development of a body various parts at the expense of increase in volume and perfection of a relief of muscles and formation by such way of the athletic constitution corresponding to ideals, developed in this sport [3]. On the given sport numerous competitions, including the World championships and Europe among various age and sexual groups are held.

The system of the sportsmen specializing in bodybuilding preparation, was created in a little isolated from knowledge development in other sports and has original character. It's some sections are developed exclusively in detail, well proved, efficiency of the recommendations presented to them, is checked repeatedly up by practice. It concerns, first of all, selection of power exercises and a technique of their use. Thus its other components lean exclusively against practical experience and are in many respects well-founded there is not enough. It concerns selection of capable athletes, control of efficiency of training process, construction of long-term and year preparation, etc.

**Research objective** – working out of the correction program of a highly skilled sportsmen-bodybuilder's constitution in the preparatory period of a year cycle.

**Research methods:** the analysis and generalization of the special scientifically-methodical literature data, pedagogical supervision, the analysis of sportsmen diaries and preparation plans, anthropometry, definition of sportsmen's body structure, pedagogical experiment, methods of mathematical statistics.

**Results of research and their discussion.** Considering recommendations of leading experts in the sportsmen's preparation process construction [2, 3] construction of two-cyclic preparation of the highly skilled sportsmen specializing in bodybuilding, during a year cycle is proved.

In our research construction of a year cycle of sportsmen's preparation was based on the standard theory of a periodization which provides division of a macrostructure into the preparatory, competitive and transitive periods.

Distinctive feature of the first macrocycle in 24 weeks were absence in its structure of a transition period that assumed smooth transition of the competitive period of the first macrocycle during the preparatory period of the second macrocycle.

The second macrocycle, in 28 weeks, on the problems and the maintenance is organic continuation of the first macrocycle.

Duration of the second macrocycle preparatory period has made 15 weeks.

The developed programs of a constitution correction of the highly skilled sportsmen specializing in bodybuilding, in the preparatory period of the second macrocycle include: statement of problems, selection of means and methods, a dosage, definition of physical exercises complexes orientation with the account the sizes of biolinks of a sportsmen's body, symmetry, relief and separations of skeletal muscles, and as componental structure of a body, biomechanical monitoring with use of the computer program «Athlete».

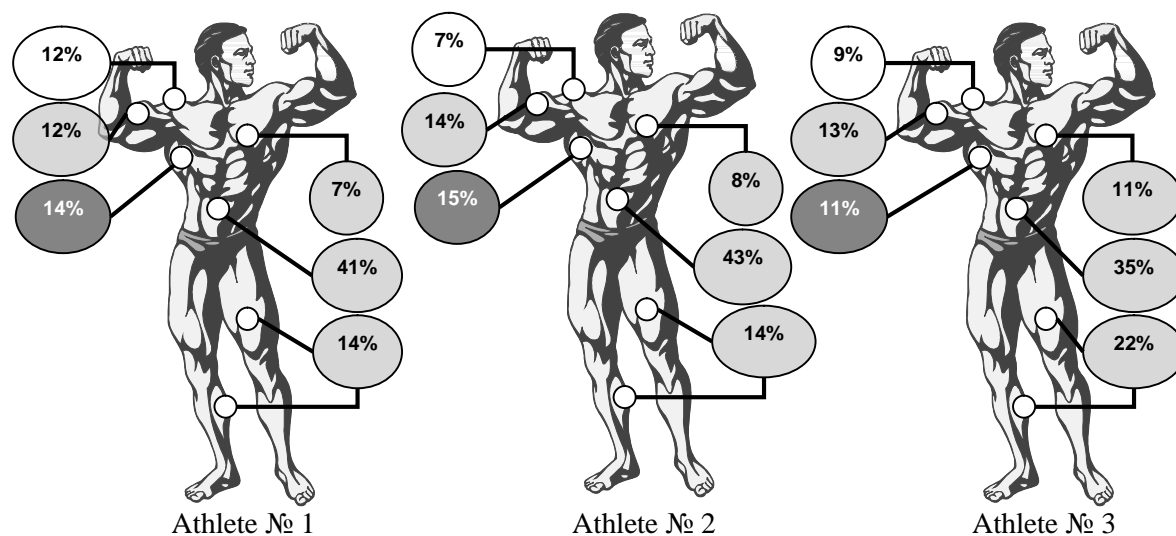
Along with general provisions in them original decisions in selection of exercises, training apparatus, burdenings and resistance, parities of means of a various orientation, etc. (tab. 1) are applied.

*Table 1*

**The methodical receptions used in programs of correction of a highly skilled sportsmen's constitution, specializing in bodybuilding [4]**

Athlete № 1	Athlete № 2	Athlete № 3
<b>Additional repetitions, Principle of «pyramid», Chiting</b>		
<b>Pauses reduction</b>		
Limiting stretching of muscles; Prolongation of peak of loading on muscles	Muscular stress; Short pauses in the approach; Exercises with «killing»	Association of related exercises in the approach; Huge set; Variation of amplitude of movements; Unidirectional superseries; Preliminary exhaustion of muscles

Percentage distribution of liftings quantity of a bar for formation of various muscular groups volumes by sportsmen in the second base mesocycle, a specially-preparatory stage of the preparatory period, the first shock microcycle is presented on fig. 1.



**Fig. 1.** The distribution of bar liftings quantity for formation of various muscular groups volumes by sportsmen of experimental group in the second base mesocycle, a specially-preparatory stage of the preparatory period, the first shock microcycle, % [4].

**Conclusions:** The constitution of the sportsmen specializing in bodybuilding, has the expressed spatially-organized specificity, differs certain laws which are caused by weight specificity formation of various body biolinks of the sportsman who is regularly engaged in the decision of impellent problems in the bodybuilding. The found out changes of a constitution are connected with a hypertrophy of skeletal muscles of those body biolinks which thus test the greatest biodynamic pressure.

As a result of experimental programs approbation in learn-training process the efficiency of their influence on a constitution of the highly skilled sportsmen specializing in bodybuilding identified. By criteria of symmetry, separation and muscles relief high qualification bodybuilders of experimental group, according to experts, have typed the highest number of points, in comparison with sportsmen of control group. Results of biomechanical monitoring and as the results shown by sportsmen at the main competitions of a macrocycle, have confirmed efficiency of the developed programs [4].

#### List of the used Literature

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#### Annotation

In the article on the basis of scientific-methodical literature analysis focuses on the essence of the bodybuilding sport, which is directed development of various body parts by increasing the volume and improving the relief muscles, athletic build. Identified the need to consider effective approaches to correction of the physique athletes in bodybuilding for the achievement of high sport results. The aim of the research is the development of the correction program of highly skilled sportsmen bodybuilders constitution in the preparatory period of the year cycle. It is revealed, that physique athletes, specializing in bodybuilding, has expressed spatially organized by the specifics and due to the peculiarities of the mass formation of various body biolinks of athlete. As a result of testing of pilot programmes identified their effectiveness at the correction of highly skilled sportsmen constitution specializing in bodybuilding.

**Key words:** bodybuilding, constitution correction, a year cycle/

**Виталий Усыченко. Коррекция телосложения высококвалифицированных спортсменов, специализирующихся в бодибилдинге, в подготовительном периоде годичного цикла.** В статье на основе анализа научно-методической литературы рассмотрена сущность бодибилдинга как вида спорта, которая заключается в направленном развитии различных частей тела за счёт увеличения объёма и совершенствования рельефа мышц, атлетического телосложения. Выявлены необходимость рассмотрения эффективных подходов к коррекции телосложения спортсменов в бодибилдинге для достижения высокого спортивного результата. Целью исследования является разработка программы коррекции телосложения высококвалифицированных спортсменов бодибилдеров в подготовительном периоде годичного цикла. Выявлено, что телосложение спортсменов, специализирующихся в бодибилдинге, имеет выраженную пространственно-организованную специфику и обусловлено особенностями формирования массы различных биозвеньев тела спортсмена. В результате апробации экспериментальных программ выявлена их эффективность на коррекцию телосложения высококвалифицированных спортсменов, специализирующихся в бодибилдинге.

**Ключевые слова:** бодибилдинг, коррекция телосложения, годичный цикл.

**Віталій Усиченко Коррекция тілобудови висококваліфікованих спортсменів, які спеціалізуються в бодібілдингу, у підготовчому періоді річного циклу.** У статті на основі аналізу науково-методичної літератури розглянуто сутність бодібілдингу як виду спорту, яка полягає в спрямованому розвитку різних частин тіла за рахунок збільшення обсягу та вдосконалення рельєфу м'язів, атлетичної статури. Виявлено необхідність розгляду ефективних підходів до корекції статури спортсменів у бодібілдингу для досягнення високого спортивного результату. Метою дослідження є розроблення програми корекції статури висококваліфікованих спортсменів бодібілдерів у підготовчому періоді річного циклу. Виявлено, що статура спортсменів, котрі спеціалізуються в бодібілдингу, має виражену просторово-організовану специфіку й зумовлена особливостями формування маси різних біологів тіла спортсмена. У результаті апробації експериментальних програм виявлена їх ефективність щодо корекції статури висококваліфікованих спортсменів, які спеціалізуються в бодібілдингу.

**Ключові слова:** бодібілдинг, корекція тілобудови, річний цикл.