143 - SUPPLEMENTATION: PREVALENCE AMONG PRACTITIONERS OF BODYBUILDING

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INTRODUCTION

Supplement use was based on superstition athletes and soldiers in ancient times we were instructed to consume specific animal parts to give bravery, skill, speed or strength and characteristics of animals . Diet fads are known from 400 BC to 500 BC, when athletes and warriors ate venison liver and heart of lions (APPLEGATE ; GRIVETTI , 1997) .

Dissatisfaction with one's body , or rather the image one has of it , perhaps one of the main reasons that lead people to start a physical activity program (DAMASCENO et al . , 2005), but there is also the search for better physical condition , quality of life , recovery and / or maintenance of health , regular physical exercise , aesthetics , and setting the gain of muscle mass, weight loss , interpersonal relations , training for competitions (amateur and professional), among others (Silva et al . , 2005). Nutrition is a biological process in which organisms (animals and plants) , using food , assimilate nutrients to perform its vital functions.

The nutritional knowledge can be defined as a scientific construct created by nutrition educators to represent the individual cognitive process related to information about food and nutrition (NICASTRO et al . , 2008). The pursuit of excellence and performance of the body , has been a reason for that man seeks substance in nature to surpass your expectations in sports performance and physical strength in general. Currently , it is much more obvious because we live in a culture of immediacy and people want to acquire aesthetically beautiful bodies and high performance in a short period of time , preferably with the least possible effort .

Are willing to spend whatever it takes , looking for nutritional supplements , not to mention the pharmacological features . These products convey the idea to the practitioners of physical exercise, the result may be inside a pot , as if a balanced diet and physical exercise were merely supporting the process. " The use of supplements with either aesthetic purposes or for maintenance of healthy lifestyle or aiming to improve performance , has increased dramatically over the last 10 years " (Harrison et al . , 2004) . This practice is often " encouraged by the professionals responsible for workout sessions or coaches " (MACHADO , 2006) . However, " the use of these supplements in most cases is done by unauthorized persons indication for this function" (Stefanuto et al. 2003). Moreover , " the media also contributes significantly to the use of dietary supplements by bodybuilders without the guidance of a trained professional " (STEPHENS , 2001).

Thus, " there is a negative influence that the environment has on the improvement of aesthetics , no matter the means and methods necessary to its acquisition " (Barreto de Paiva , 2000). "Users of dietary supplements ranging from practitioners of young bodybuilding even older practitioners " (BROWNIE ; ROLFE , 2005)" The use of supplements or products in order to increase physical performance may vary depending on age , gender , training level and type of sport practiced " (Fomous et al . , 2002) , despite the lack of scientific evidence pointing to its effectiveness (ALVES , 2005) .

The physical education teachers , especially those working in gyms , can not escape the topic food supplement , with essential knowledge on the subject . It happens that the curriculum of higher education in our area addresses this issue with an incredible shallowness . Soon the professional content being restricted to the academic curriculum and not seek to deepen their knowledge will have difficulty discussing general and sports supplementation .

What is evident, is that most bodybuilders , rather than seeking basics of supplementation with the appropriate professional at the gym , simply prefer to use some kind of supplement indiscriminately without actually knowing the importance of nutrition combined to exercise. The present study was to study the level of knowledge about nutrition supplements bodybuilders , Identifying the main dietary supplements, assessing personal characteristics of practitioners and meet the goals of use of dietary supplements.

Within the socio-cultural environment of the diet of individuals at specific feeding practice consists of high protein content is more influenced by cultural group , ie , values , beliefs , customs and symbolism (Parraga , 1990) . The use of supplements or products in order to increase physical performance may vary depending on age , gender , training level and type of sport practiced .

METHODOLOGY

The study was the type of research that is classified as " descriptive " is premised seek resolution of problems by improving practices through observation , analysis and objective descriptions , through interviews with experts for standardization of techniques and content validation (THOMAS , NELSON , SILVERMAN , 2007) . The population consisted of bodybuilders four academies of Campina Grande - PB , whose exclusion criterion was not being a professional in the health field , the sample consisted of 100 bodybuilders of both sexes .

For data collection, a semi - structured with sixteen objective questions regarding the profile of bodybuilders who consume or have consumed some type of dietary supplement, used the questionnaire survey was taken and adapted from a survey published by Domingues and Marins (2007) .Individuals were approached at random during training , the same was made clear the purpose of the work and also signed a consent form before the questionnaire .

The statistical tool used was Microsoft Office Excel 2007 feature . Statistical analysis was used for index calculation percentage frequency of responses to a representation in the form of tables.

RESULT AND DISCUSSION

The survey consisted of 100 bodybuilders six academies of Campina Grande - PB, of whom 65% (n = 65) were male and 35% (n = 35) were female. Table 1 is the profile of the foregoing reviews.

Table 1 - Information About Supplements

	N°	%
yes	88	88
not	12	12
TOTAL	**100**	**100**
HOW INFORMATION OBTAINED?		
magazines	30	13
Internet	52	23
friends	40	18
Shop for supplements	28	12
nutritionist	17	8
Teacher academy	38	17
doctor	4	2
Magazines and scientific journals	8	4
Conferences and symposio	6	3
TOTAL	**223**	**100**
types	n	%
albumin	51	11
creatine	71	15
Bcaa	61	13
hiperproteicos	14	3
Whey protein	45	10
Hipercalorie	24	5
Thermogens	22	5
Anabolic	22	5
Carbohydrate drink	11	2
Nutritional bar	21	5
Aminoácid	30	7
Vitamins	30	7
Maltodextrin	38	8
Carnitine	11	2
Glutamine	7	2
TOTAL	**458**	**100**

In table 1 we can see a fairly high number of practitioners who have received some information on dietary supplements , 88 % (n = 88) , the reviews reported having some type of guidance on the purchase and make use of supplements against, 12 % (n = 12) who reported never having had even one type of information about the same .

Even with most of the reviews have stated information about the source of the issue is a major problem encountered . The internet was mentioned as a source of information for 23% (n = 52) of total citations followed by conversations with friends , 18 % (n = 40) , gym teacher , 17 % (n = 38) , magazines , 13 % (n = 30) and the seller of supplements shop, 12 % (n = 28) , where it is known until they have no qualification and sufficient knowledge to prescribe supplements , it would be the nutrition professional, 8 % (n = 17) such qualification . A low level of consultation with a dietitian about supplementation was observed in studies by Costa and Rogatto (2006) .

According to the data in the table , the most common supplements , Albumin , 11 % (n = 51) , BCAA , 13 % (n = 61) , whey protein, 10 % (n = 45) . Creatine supplementation was the most cited among bodybuilders , 15 % (n = 71) that consumption is based on the hypothesis that creatine supplementation increases strength and speed. Metabolically , creatine phosphate (CP) ressíntetisa ATP (adenosine triphosphate) , ie , provide energy during high intensity exercise . Acute creatine use causes an increase in the time during which the maximum power can be maintained (Mihic , MacDonald, Tarnopolsky & McKenzie , 1999).

Creatine supplementation demonstrates possibly increase strength and lean mass (Balsom , Ekblom & Söderlund , 1994). The use of anabolic steroids was also cited , 5 % (n = 22), a fact which shows that the reviews make use of steroids while consuming dietary supplements , this is due to the rapidity with which practitioners seek results .

Table 2 - Use of supplements

FOLLOW ORDERS OF FRABRICANTE	N°	%
yes	70	80
no	18	20
WHO INDICATED		
seller	17	14
Teacher academy	37	30
doctor	4	3
Nutritionist	13	10
friends	35	28
nobody	10	10
Tv	1	**1**
magazines	7	6
TOTAL	**124**	**100**
STATEMENT OF USE		
Recommendations nutritionist	9	7
Influence of media	14	10
Tip someone	27	20
Possible improvements in training	50	37
Possible cosmetic changes	29	22
other	5	4
TOTAL	**134**	**100**

Table 2 data shows 80 % (n = 70) who make use of the reviews supplementation claims to follow the manufacturer's instructions at the time of consumption and 20 % (n = 18) said they did not follow those instructions , taking into account that the

vast majority of the products are for sale on the market has its usage statement indicated for athletes self income level .

The work done by Pamplona et al . (2005) and (Rogatto & Costa , 2006) . Examples where records where the gym instructor is responsible for prescribing and consumption in the present study are the data is no different , with 30 % (n = 37) Quote teachers are the most responsible for the appointment, this percentage is worrying since not a teacher training has to prescribe the use of supplements . The study by Viviani (2003) showed that instructors academies did not know the basics of proper nutrition to bodybuilders.

And points out that many trained instructors have not had the discipline of nursing as a curriculum component. Other important data are those friends , 28 % (n = 35) and the hospitable shopkeepers , 14 % (n = 17) supplements are also cited as referral source . The fact that most reviews do not seek guidance from a nutritionist, 10 % (n = 13) is the ease of obtaining information , even if inadequate by some people without expertise in the area .

Among the motivating factors for using the main cited was possible improvements in training , 37 % (n = 50) followed by cosmetic changes , 22 % (n = 29) and suggestion of someone , 20 % (n = 27) , the influence media was also cited , with 10 % (n = 14) and use the suggestion of a dietitian appears to only 7 % (n = 9) , and this is the most appropriate professional to suggest the use of supplements . It is necessary that the physical education professional is aware of the goals of bodybuilders , when the quest for the perfect body is excessive harmful health actions as excessive workout and intake of supplements and other substances for the purpose of speeding up the results without concern may occur with damage .

FINAL THOUGHTS

Research shows that consumption of dietary supplements of bodybuilders some academies large meadow is very considerable , the male audience , 65 % (n = 65) is the largest consumer , but the females , 35 % (n = 35) appears a sizeable number in the search. In terms of usage , are young adults aged between 15 and 30 years with education level of high school , 44 % (n = 44) and incomplete 30 % (n = 30) .

Research shows that the goal is hypertrophy , 23 % (n = 43) , with a moderate level of weight training , 51 % (n = 51) . The use of supplementation is done at certain times 72% (n = 63) in order to improve the training 37% (n = 50) , and the result was an increase of 46 mass % (n = 65) . Regarding the use of supplements were the most pointed creatine , 15 % (n = 71) , albumin , 11 % (n = 51) bcaa , 13 (n = 61) and whey protein , 10 (n = 45) which are products which is based on the protein and which are suggested by sources without qualification or expertise in the area of nutrition as friends (n = 35) , sellers (n = 17) , and physical education teachers (n = 37) From the data of this study, it was diagnosed that a high level of the sample consuming dietary supplements often without the knowledge of their actions in the body .

Then we see the importance of enforcement by the bodies responsible for the sale of these products , we recommend the use of awareness and information campaigns for bodybuilders alerting that supplementation is made by a specialist that makes the prescription according to real need, rotecting the health of bodybuilders and the use of leaflets in the academies .

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ABSTRACT

The search for better peformance has become more common among bodybuilders , that to achieve best results make the use of dietary supplements , little is known about practitioners' knowledge about dietary supplements . This study aimed to evaluate the knowledge of some bodybuilders gyms . The population was defined by body builders for a total sample of 100 practitioners of both genders , who answered a questionnaire with 16 questions concerning the profile of research . It was found that 88 % (n = 88) evaluated received some information about supplementation however erroneously as the main sources were

the internet 23 % (n = 52) , friends 18% (n = 40) and teacher academy with 17 % (n = 38) . The supplements most often cited by creatine were evaluated with 15 % (n = 71) , bcaa 13 % (n = 61) , albumin 11 % (n = 51) and 10 % whey protein (n = 45) , the data show that practitioners use the products at certain times of the training period 72 % (n = 63) and that consumption is done before 43 % (n = 62) and then 29 % (n = 42) training. The main reason to use is the possible improvement in training 37 % (n = 50) and the main goal is the search for muscle hypertrophy 23 % (n = 43) . The professional who has authorization to prescribe and indicate that nutritional supplementation is the research appears in 10 % (n = 13) Quote indicating the products, the most cited is the physical education teacher of 30 % (n = 37) of this an awareness is required of practitioners and professionals in physical education, which are audits of sales of these products , guidance on the subject supplementation should be done emphasizing the importance of appropriate professional when making use of dietary supplements.

KEYWORDS : Food Supplements , Bodybuilding , Nutrition .

SUPPLÉMENTATION : PRÉVALENCE PAR LES CULTURISTES

RÉSUMÉ

a recherche d'une meilleure peformance est devenu plus fréquent chez les culturistes , que pour parvenir à de meilleurs résultats rendent l'utilisation de compléments alimentaires , on sait peu sur les connaissances des praticiens sur les suppléments alimentaires . Cette étude visait à évaluer les connaissances de certains culturistes gymnases . La population a été définie par les carrossiers pour un échantillon total de 100 praticiens des deux sexes , qui ont répondu à un questionnaire de 16 questions concernant le profil de la recherche . Il a été constaté que 88 % (n = 88) a évalué reçu des informations sur la supplémentation cependant à tort que les principales sources sont l'Internet 23 % (n = 52), les amis 18 % (n = 40) et professeur Académie avec 17 % (n = 38) . Les suppléments les plus souvent cités par la créatine ont été évalués à 15% (n = 71) , BCAA 13 % (n = 61) , l'albumine 11 % (n = 51) et 10 % de protéines de lactosérum (n = 45) , les données montrent que praticiens utilisent les produits à certains moments de la période de formation de 72% (n = 63) et que la consommation se fait avant 43 % (n = 62) et 29 % (n = 42) de formation . La principale raison d'utiliser est l'amélioration possible dans la formation de 37 % (n = 50) et l'objectif principal est la recherche de l'hypertrophie musculaire de 23% (n = 43) . Le professionnel qui a l'autorisation de prescrire et indiquent que la supplémentation nutritionnelle est la recherche apparaît dans 10 % (n = 13) Quote indiquant les produits , le plus souvent cité est le professeur d'éducation physique de 30 % (n = 37) de cette une prise de conscience est nécessaire de praticiens et professionnels de l'éducation physique , qui sont les vérifications de la vente de ces produits , des conseils sur le sujet supplémentation doit être fait en insistant sur l'importance de la professionnelle appropriée lors de l'utilisation de compléments alimentaires .

MOTS-CLÉS: Compléments alimentaires , Musculation , Nutrition.

SUPLEMENTACIÓN : PREVALENCIA POR LOS CULTURISTAS

RESUMEN

La búsqueda de una mejor peformance ha vuelto más común entre los culturistas , que para lograr un mejor resultado, el uso de suplementos dietéticos, poco se sabe sobre el conocimiento de los practicantes acerca de los suplementos dietéticos. Este estudio tuvo como objetivo evaluar el conocimiento de algunos culturistas gimnasios . La población fue definida por los constructores del cuerpo para una muestra total de 100 profesionales de ambos sexos, que respondieron un cuestionario con 16 preguntas en relación con el perfil de la investigación . Se encontró que el 88 % (n = 88) evaluó recibido alguna información acerca de la administración de suplementos sin embargo erróneamente como las principales fuentes fueron la internet el 23% (n = 52) , amigos del 18% (n = 40) y el maestro Academia con 17 % (n = 38) . Los suplementos más frecuentemente citados por la creatina fueron evaluados con un 15% (n = 71) , los BCAA 13 % (n = 61) , la albúmina 11 % (n = 51) y 10% de proteína de suero (n = 45) , según los datos de que médicos utilizan los productos en determinados momentos del periodo de formación el 72% (n = 63) y que el consumo se realiza antes de 43 % (n = 62) y luego el 29% (n = 42) de formación. La razón principal para usar es la posible mejora en la capacitación de 37 % (n = 50) y el objetivo principal es la búsqueda de la hipertrofia muscular 23 % (n = 43) . El profesional que tiene autorización para prescribir e indican que la suplementación nutricional es la investigación aparece en el 10% (n = 13) Cita con indicación de los productos , el más citado es el maestro de educación física de 30 % (n = 37) de esta se requiere un conocimiento de los profesionales y los profesionales de la educación física , que son las auditorías de las ventas de estos productos , orientación sobre la suplementación tema se debe hacer hincapié en la importancia del profesional adecuado al hacer uso de los suplementos dietéticos.

PALABRAS CLAVE : Suplementos culturismo , Nutrición .

SUPLEMENTAÇÃO: PREVALÊNCIA ENTRE PRATICANTES DE MUSCULAÇÃO

RESUMO

A busca por uma melhor peformance tem se tornado mais comum entre os praticantes de musculação, que para alcançar melhores resultados fazem a utilização de suplementos alimentares, pouco se sabe dos conhecimentos dos praticantes a respeito de suplementos alimentares. Esse trabalho teve como objetivo avaliar os conhecimentos dos praticantes de musculação de algumas academias. A população foi constituída por praticantes de musculação totalizando uma amostra de 100 praticantes de ambos os gêneros, que responderam a um questionário com 16 perguntas referente ao perfil da pesquisa. Verificou-se que 88% (n=88) dos avaliados receberam algum tipo de informação sobre suplementação contudo de forma errônea pois as principais fontes foram a internet 23% (n= 52), amigos 18% (n= 40) e o professor de academia com 17% (n= 38). Os suplementos mais citados pelos avaliados foram creatina com 15% (n= 71), bcaa 13% (n=61), albumina 11% (n= 51) e o whey protein 10% (n= 45), os dados mostram que os praticantes utilizam os produtos em determinados momentos do período de treino 72% (n= 63) e que o consumo é feito antes 43% (n= 62) e depois 29% (n= 42) do treino. O maior motivo para a utilização é a possível melhora no treinamento 37% (n= 50) e o objetivo principal é a busca pela hipertrofia muscular 23% (n= 43). O profissional que tem habilitação para prescrever e indicar a suplementação é o nutricionista que na pesquisa aparece com 10% (n= 13) das citações de indicação dos produtos, o mais citado é o professor de educação física 30% (n= 37) desta faz necessário uma conscientização dos praticantes e dos profissionais de educação física, o que deve ser feito são fiscalizações de vendas desses produtos, orientação sobre o assunto suplementação frisando a importância do profissional adequado na hora de fazer o uso dos suplementos alimentares.

PALAVRAS CHAVE: Suplementos alimentares, Musculação, Nutrição.