

NEW ZEALAND BODYBUILDER SURVEY

COMPETITION CATEGORIES and EXPERIENCE

Introduction by Anne Probert

This paper is the third in a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. In my previous papers I highlighted that 382 bodybuilders had responded to the survey. I provided a demographic overview of those respondents as well as information concerning their household composition and family linkages to the activity.

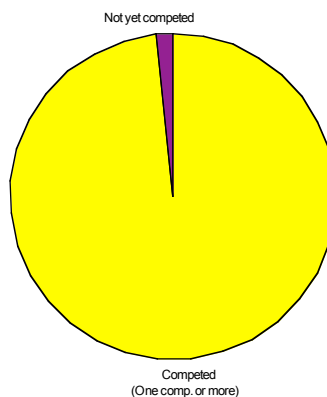
This paper summarises bodybuilder responses in relation to their competitive bodybuilding experience. It includes information which identifies how many competitions they have participated in, how recently they have competed and their choice of category.

Survey Results

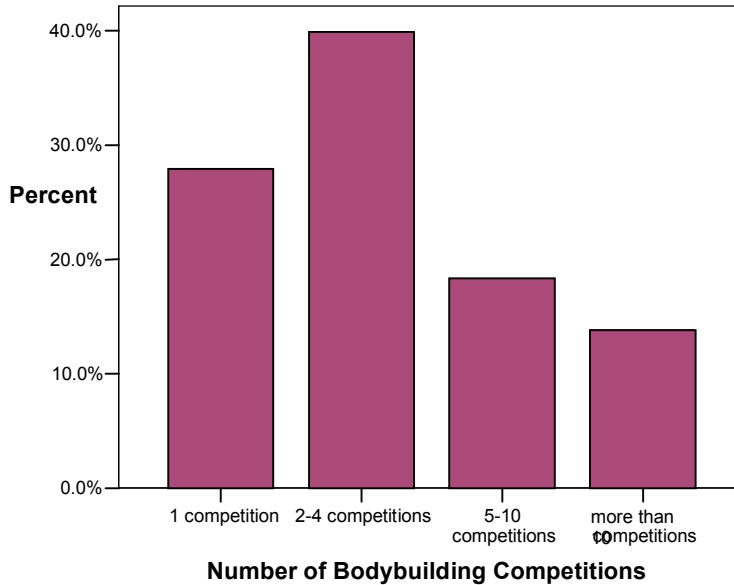
BODYBUILDING EXPERIENCE

The majority of people who responded to the survey are, or had been, competitive bodybuilders whilst a small percent were in training for their first competition. 98.4 percent of respondents had competed in one or more bodybuilding event, whilst the balance (1.6 percent) comprised participants who had not yet competed, but were intending to do so. This confirms that the profile of survey respondents was consistent with the criteria of being currently active, or former, competitive bodybuilders or individuals in training for their first bodybuilding event.

Competitive Bodybuilding Experience

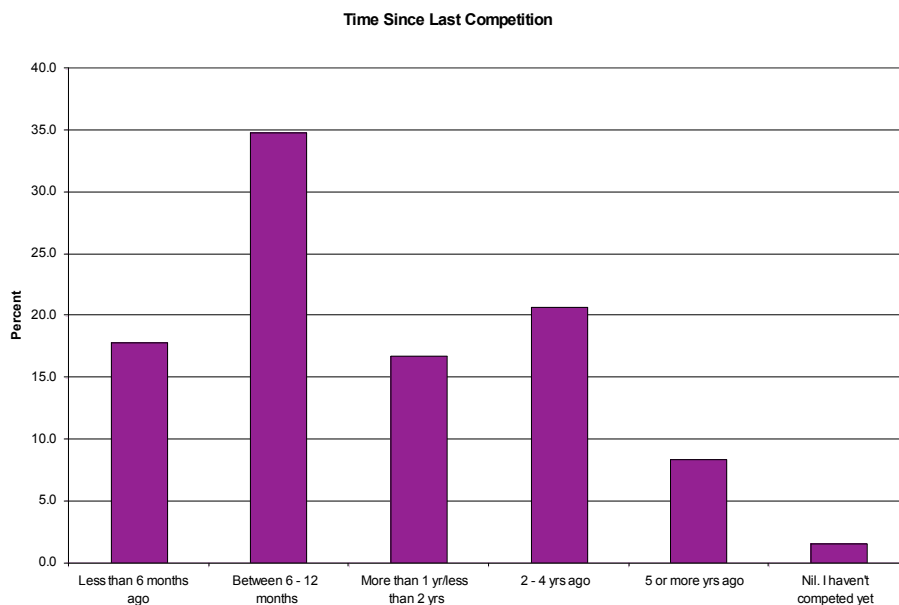


Of the respondents who had competed, 27.9 percent had competed once; 39.9 percent had competed in 2-4 competitions; 18.4 percent 5-10 competitions and 13.8 percent in 10 or more bodybuilding competitions.



TIME ELAPSED SINCE LAST COMPETITION

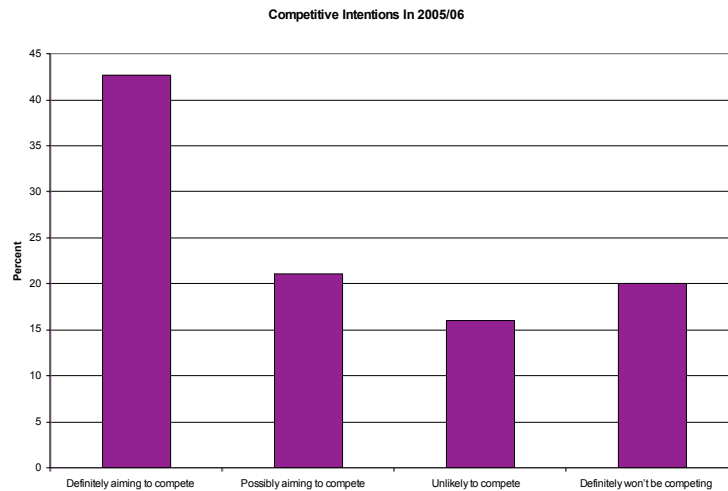
The majority of respondents (52.6 percent) had competed in a bodybuilding event in the last 12 months. The survey also sought to include former competitors and it is noted that 29.1 percent of respondents had not competed for 2 or more years, of which 8.4 percent had not competed for 5 or more years.



Source: Anne Probert, Massey University, New Zealand. PhD Survey Preliminary Results on Competitive Bodybuilding in New Zealand, 2005.

FUTURE COMPETITIVE INTENTIONS

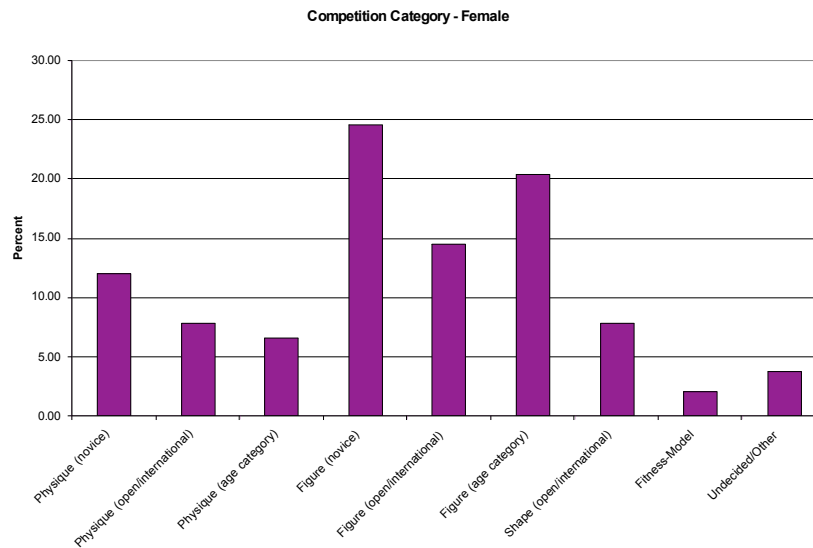
In 2005 or 2006, 42.7 percent of respondents were “definitely” aiming to compete again and a further 21.1 percent “possibly” aiming to compete. The remainder of the bodybuilder respondents were “unlikely”, or were “not intending” to compete. 19.8 percent identified October 2005 as the timing for the next competition which corresponds with both the NZFBB and NABBA National competitions.



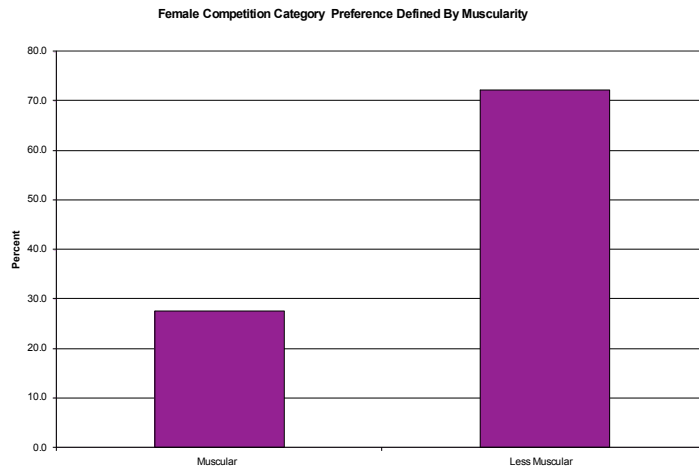
COMPETITION CATEGORIES

Female:

The majority of female respondents competed (or intended to compete) in the category of Figure, in particular that of “novice” (24.6 percent) or an age subcategory (20.4 percent). 12.1 percent of respondents were Physique (novice) candidates. Shape was elected by 7.9 percent of respondents; proving to be on par with the Physique (Open) category.

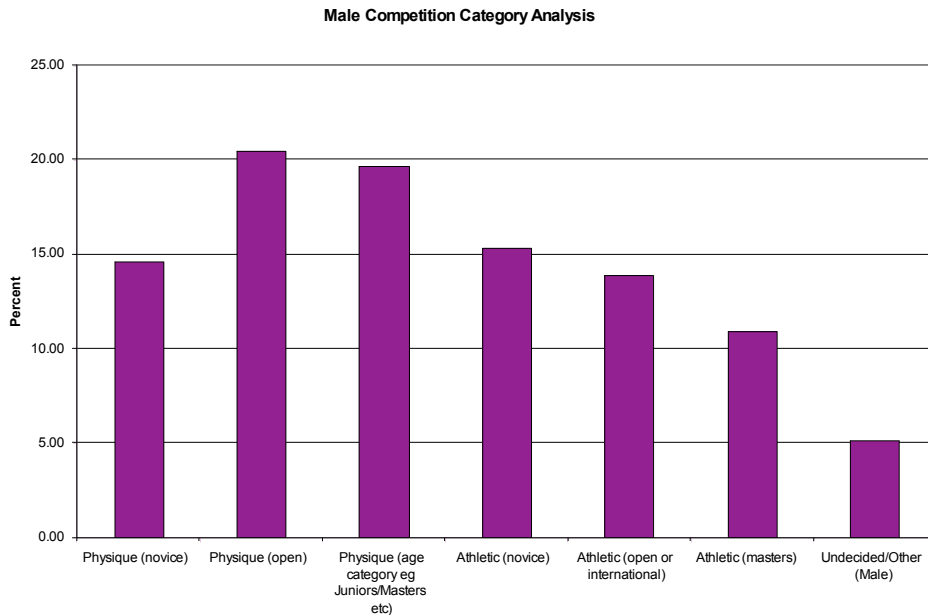


An analysis which groups competition categories by "muscularity" (by defining "Physique" as "more muscular" and "Figure, Shape and Fitness-Model" as "less muscular, whilst eliminating the "undecided" responses) highlights how those which encompassed a lower level of muscular mass and definition, were selected more frequently by female survey respondents, than the more muscular categories.

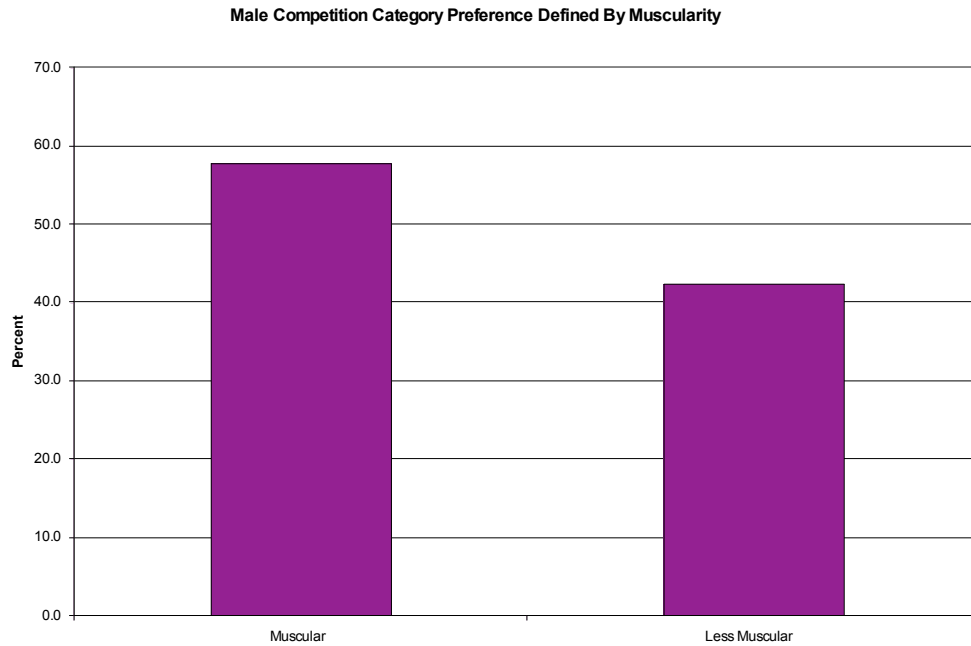


Male:

With respect to men, categories of Physique proved the most popular with 20.4 percent electing the open class followed by 19.7% choosing an age category. Athletic, which is a less muscular category offered by only one of the Bodybuilding Associations, emerged as being slightly more popular at a novice level (15.3 percent) than those electing a novice category of Physique (14.6 percent).



In a similar manner to the assessment of female respondents, an analysis of male competition categories by muscularity (by defining “Physique” as “more muscular” and “Athletic” as “less muscular, whilst eliminating the “undecided” responses) highlights that the more muscular competition options were selected more frequently by male respondents.



COMING UP IN THE NEXT PAPER: TRAINING

- How many hours per week of cardio and weight lifting do bodybuilders engage in?
 - Does it vary between males and females?