

TYHORSKYI O., DOROFEEVA T., DZHYM V.

Kharkiv State Academy of Physical Culture

TRENDS BODYBUILDING DEVELOPMENT IN UKRAINE AND KHARKOV REGION

Abstract. Purpose: to determine the features of bodybuilding and Ukraine in Kharkiv region. **Material and Methods:** results conducted on the basis of archival materials and records of events, publications and other sources. Incrementally conducted research of bodybuilding Ukraine and Kharkiv from the first event to modern times. **Results:** bodybuilding – a sport that can be practiced at any age. This makes bodybuilding common among different population groups. **Conclusions:** every year in Ukraine, the growing number of athletes and their level of preparedness. Athletes of Ukraine and the Kharkiv region show good results in international competitions.

Keywords: bodybuilding protocols competitions, fitness centers, fitness, international competition results

Introduction. Bodybuilding – is one of the young sports. The first federation of bodybuilding was registered only in 1948. However the culture of a healthy proportional body arose in the antique times. In ancient Greece and Rome athletic forms were in respect about what sculptures testify of those times. Also athletic forms of Achilles and Hector were described in Homer's compositions "Iliada" and "Odyssey" [8; 13; 14]. In recent years bodybuilding develops by prompt rates in Ukraine. Opening of gyms, appearance of the opportunity to eat qualitative products and fashion on a beautiful healthy body become one of the reasons of the development. In our times each successful person has a subscription in a fitness center. In the modern world where a work is automated, a person doesn't have enough physical activity therefore a large number of people joins exercises in gyms. Domestic sportsmen represent Ukraine with pride on the international arena [11; 12].

The analysis of the development of bodybuilding in Ukraine and in the Kharkov area which strong entered the culture of the population of our country, will give the chance of forecasting of the subsequent prospects and ways of the development of this sport. The results of the researches of the famous Ukrainian experts Y. Grot and M. Oliynyk [1; 4–7] showed that bodybuilding in Kharkov and Ukraine developed unevenly. So, if some sportsmen-bodybuilders represented Ukraine at the international competitions in 1990th, in 2000 a woman from Kharkov Valentina Chepiga reaches the highest rank Miss Olympia in bodybuilding. And since 2008, the national team of Ukraine on bodybuilding adequately represents the country, taking prizes on the team superiority of the championships and European Cups and the World.

Communication of the research with scientific programs, plans, subjects.

The scientific research is executed on a subject of the Built plan of the research work in the sphere of physical culture and sport for 2011-2015 by a subject 3.7 "Methodological and organizationally methodical bases of the definition of individual norm of a physical condition of a person" (the number of the state registration is 0111U000192).

The aim of the research: to establish features of the development of bodybuilding in Kharkov and Ukraine.

Material and methods of the research: analysis of data of scientifically methodical literature, analysis and systematization of results of competitions of different levels.

Results of the research and their discussion. The first club of body-building was opened by Leonid Zhabotinskyi in Ukraine [2; 3]. It took place on the first of September in 1965 at a heavy athletic arena "Spartak" in Zaporozhye. In December, 1974 the first Ukrainian athletes left out of borders of the republic on a tournament in Tallinn. Then Ukraine was presented by two athletes from Kiev and by six from Zaporozhye. S. Shaposhnikov, B. Levchenko, A. Gorshkov, A. Dovgokir achieved the best results and the team of Zaporozhye became the champion in the team superiority of the USSR [8; 13]. In the USSR body-building was forbidden, as a strange, bourgeois type of culture and sport. In the 70th and 80th only functionaries of the republics of Baltic of Estonia, Latvia, Lithuania will organize a bodybuilding competition. But it is only due to the progressiveness of the leaders of these republics. There are affairs in Belarus, Ukraine, Moldova, Russia more difficult and even absolutely hopelessly. In Ukraine the first semi-official body-building competitions start to be organized from 1972. In Russia and Belarus were from 1980 till 1986. The exception was made by Tyumen and Severodvinsk where brothers Koltun, Arkadiy and Evgen, organized the competition from 1972 [4–8]. In the USSR in 70th, 80th 8–10 athletes were on one inhabited locality in 500–800 thousand of the population at the best who considered themselves bodybuilders [8; 13].

There are such bodybuilding federations – UFBB, NABBA, WFF today in Ukraine. The federation of IFBB has the status of the national. At the same time, there aren't scientifically historical researches of the development of bodybuilding in Ukraine and in the Kharkov area.

The national bodybuilding federation and fitness of Ukraine was founded in 1972 also had the name "The Commission on athletic gymnastics at the federation of weightlifting of Ukraine". In 1992 there was founded and registered the federation of bodybuilding of Ukraine, in the same year the Ukrainian federation was admitted to the structure of the International federation of bodybuilding (IFBB) in Graz (Austria) which was headed by its founder – Ben Vader since 1946. Since 2006 Raphael Santokha became the president of IFBB. From 1992 to 2008 Andrey Dolgokir (Zaporozhye), the Honored coach of Ukraine, the referee of the international category headed the Ukrainian federation (FBBU) [13; 14].

From 2008 to this time Igor Deliyev (Kiev) is the President of the federation of bodybuilding and fitness of Ukraine, the Honored worker of physical culture and

sport of Ukraine, the Honored trainer of Ukraine, the referee of the international category, the President of the association of elite athletes of Ukraine, "Club Biola".

Sergey Otrokh (Kiev), the category till 65 kg became the first domestic world champion on bodybuilding in 1994 in Shanghai (China) [13; 14].

Since 2001 our Federation takes part in the World Games. Oleg Protas (Odessa) was the first participant from Federation. In 2005 only one sportswoman took part in the World Games – Iryna Petrenko (Sumy) from the Federation of bodybuilding of Ukraine who brought a gold medal to Ukraine. In 2009 – at the World Games the team of the national team of Ukraine on bodybuilding and fitness took the first general-team place (3 gold medals, 1 silver medal, and 1 bronze medal). The federation of bodybuilding and fitness of Ukraine held two European championships on bodybuilding, bodyfitness and fitness among women (in 2001 – Kiev, in 2005 – Yalta); in 2004 the Federation received the status of National which was appropriated by the order of the Statutory Board of Statistics on Physical Training and Sports of Ukraine No. 2531 of 10.08.2004 [10; 13].

In 2006 – the European championship "Biola Pro-international" (Kiev) on bodybuilding among men and on fitness among women was accepted the best sports show for all history of IFBB by the International federation; in 2007 – the organization and carrying out the first European games on bodybuilding among men and fitness among men and women; in 2010 – the European championship on bodybuilding (Donetsk), fitness, bodyfitness and classical bodybuilding among juniors and a master-class. Ukraine takes the first team place.

Today 182 countries of the world are a part of the International federation of bodybuilding (IFBB), among which the national team of Ukraine of bodybuilding and fitness which for many years holds the leading positions in a rating of the International federation [15; 16].

The Kharkov area – is one of the leading areas of Ukraine on the development of bodybuilding. In 2000 – Valentina Chepiga (Kharkov) – is the only Ukrainian sportswoman who received the title "Miss Olympia" (the highest professional title in IFBB). In 2002 the representative of Kharkov Sergey Sabalayev wins the first place in the European championship on bodybuilding. The representative of the junior national team of Kharkov Alexander Kostenko takes the third place in the European championship among juniors and veterans in Donetsk in 2010. The leading expert in branch of bodybuilding as the senior coach of a national team of the Kharkov area, and also the qualified athlete Alexander Kislyi extracts in fight a gold in the European championship in 2011 and carries out the standard of the master of sports of international class, subsequently he was invited to Kiev where he is engaged in trainer's activity. The most titled athlete of the Kharkov area in classical bodybuilding Gorenkov Sergey – extracts the gold in the European championship in 2012 and became the absolute champion of the international tournament Arnold Classic [16].

Performances of bodybuilders of Ukraine at the international competitions

Year	Place of carrying out competitions	Name of competitions	Name of a sportsman	Place	Weight category
1997	The Czech Republic	European Championship	Chepiga Valentina	1	62 kg
1998	The Czech Republic	World Championship	Chepiga Valentina	1	62 kg
1999	The USA	Miss Olympia	Chepiga Valentina	12	Open
1999	Switzerland	European Championship	Bilous Oleksandr	5	Till 80 kg
2000	The USA	Miss Olympia	Chepiga Valentina	1	Open
2001	Russia	European Championship	Bilous Oleksandr	2	Till 80 kg
2002	Minsk	European Championship	Sabalayev Sergiy	1	Till 65 kg
			Bilous Oleksandr	1	Till 90 kg
			Grechuhov Vitaliy	1	Till 75 kg
2002	Egypt	World Championship	Bilous Oleksandr	1	Till 80 kg
2008	Bahrain, Panama	World Championship	Bilous Oleksandr	3	Till 90 kg
2008	Playa de Aro, Spain	European Championship	Protsenko Sergiy	6	Till 65 kg
			Makogon Vacheslav	1	Till 70 kg
			Beyla Balog	4	Till 80 kg
			Hes Sergiy	5	Till 80 kg
			Boychenko Oleksandr	8	Till 85 kg
			Kuharchuk Andriy	3	Till 90 kg
			Kudlay Anatoliy	4	Till 100 kg
			Kuzmin Mykhaylo	8	Till 100 kg
			Rozmarytsa Leonid	11	Cl. bodybuilding till 170 sm
2008	Serbia, New Garden	European Championship	Mykyta Oleksandr	2	Till 65 kg
			Protsenko Sergiy	4	Till 70 kg
			Bradov Artem	1	Till 80 kg
			Hes Sergiy	1	Till 85 kg
			Sharapov Andriy	5	Till 85 kg
			Kuharchuk Andriy	1	Till 100 kg
			Muchak Sergiy	2	Till 100 kg
			Kudlay Anatoliy	5	Till 100 kg
			Yatsyuk Sergiy	8	Over than 100 kg
			Rozmarytsa Leonid	1	Cl. bodybuilding till 170 sm
Vasylevskiy Vadym	10	Cl. bodybuilding till 175 sm			
2009	Taiwan, Kaohsiung.	the VIII World Games	Bilous Oleksandr	1	Over than 85 kg
			Beyla Balog	1	Till 80 kg
			Makogon Vacheslav	2	Till 75 kg
2009	Romania, Baya Mara	European Championship among veterans	Mitryushin Vadym	1	Veterans 40–49 years old. Over than 90 kg

		and juniors			
2010	Holland	European Championship	Muchak Sergiy	4	Till 100 kg
2010	Donetsk	European Championship	Kostenko Oleksandr	3	Juniors till 75 kg
			Martsinyak Roman	2	Juniors till 75 kg
			Itchenko Mykhaylo	1	Juniors over than 75 kg
			Krasnokutskiyi Oleksandr	4	Juniors over than 75 kg
			Koshelnyk Artur	4	Juniors classical bodybuilding
			Boyko Leonid	7	Veterans 40–49 years old. till 90 kg
			Kudlay Anatoliy	1	Veterans 40–49 years old till 100 kg
			Chornous Pavlo	5	Veterans 40–49 years old till 100 kg
			Kulikov Oleksandr	6	Veterans 50–59 years old over than 80 kg
			Bezpalenko Vasyl	5	Veterans over than 60 years old
			Shabelnyi Sergiy	4	Juniors classical bodybuilding
			Skurenok Tatiana	1	Veterans-women
			Rozmarytsa Oksana	2	Veterans-women
			Khrystoforova Maryna	3	Veterans-women
2011	Bulgary, Sofia	European Championship	Kyskyi Oleksandr	1	Classical bodybuilding till 180 sm
			Gorenko Sergiy	4	Classical bodybuilding over than 180 sm
			Yarmola Andriy	1	Till 70 kg
			Shuminskiy Viktor	5	Till 85 kg
			Tkachenko Gennadiy	6	Till 85 kg
			Karpuk Mykola	3	Till 90 kg
			Prontenko Pavlo	9	Till 100 kg
2012	Santa Susannah, Spain	European Championship	Gorenkov Sergiy	1	Classical bodybuilding till 180 sm
			Bradov Artem	3	Till 80 kg
			Sorokin Anatoliy	6	Till 85 kg
			Prontenko Pavlo	11	Till 90 kg
			Biletskyi Roman	7	Till 100 kg
			Oleksiyiv Oleksandr	9	Over than 100 kg
			Volosov Vacheslav	10	Over than 100 kg
			Tkachenko Gennadiy	5	Veterans 40–49 years old till 90 kg
2013	Madrid	Arnold Classic	Gorenkov Sergiy	1	Absolute category, classical bodybuilding
2013	Santa Susannah,	European Championship	Berezovskyi Vaksymilian	5	Juniors, bodybuilding till 75 kg

	Spain	among juniors and veterans			
2013	Columbus, The USA	Arnold Classic	Rashoyans Igor	2	Cl. bodybuilding till 180 sm
2013	Marocco, Marrareh	World Championship	Slobodyanyuk Oleksandr	1	Till 100 kg
			Kucharchuk Andriy	3	Till 90 kg
2013	Sankt-Polten, Austria	World Championship on classical bodybuilding	Kucharchuk Andriy	1	Till 180 sm
2014	Santa Susannah, Spain	European Championship among veterans and juniors	Zymoglyad Yuriy	8	Cl. bodybuilding till 175 sm
			Kkaorin Oleg	3	Cl. bodybuilding till 180 m
			Yushchenko Roman	1	Bodybuilding till 70 kg
			Kalenskyi Vataliy	8	Abs. category bodybuilding till 85 kg
			Chernyak Sergiy	9	Veterans 40-49 years old till 90 kg
			Kovalyov Artur	15	Bodybuilding till 90 kg
			Chornous Olga	1	Over than 100 kg
			Marahovskyyi Pavlo	4	Absolute category Till 163 sm
2014	The Czech Republic, Prague	Amateur Olympia	Yashchenko Andriy	3	Till 80 kg
			Kovalyov Artur	6	Over than 100 kg

Conclusions:

1. Bodybuilding gains the popularity in Ukraine. The sports level of skill of Ukrainian bodybuilders improves every year. Sportsmen of Ukraine show good results at the international competitions, in particular, in general and of the Kharkov area.

2. Bodybuilding – is one of the few sports where sportsmen can compete at any age. A person can begin to be engaged in bodybuilding in thirty years and to reach good results. It does bodybuilding popular with different segments of the population.

3. The perspective direction of the development of bodybuilding in Kharkov is opening of new gyms, holdings of seminars at children's comprehensive schools, and also sports schools of the Kharkov area, relatively promoting of this sport and healthy lifestyle, and also the involvement of children and adults who wish to be engaged in bodybuilding, in sports sections of fitness in Kharkov free of charge.

It is planned to learn social-psychological and physiologic aspects of the development of bodybuilding in **the subsequent researches**.

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Olexandr Tyhorskyi: *Kharkiv State Academy of Physical Culture: st. Klochkivska, 99, Kharkov, 61058, Ukraine.*

E-mail: tihorskii_aleks@mail.ru

Tatyana Dorofeeva: *PhD (Physical Education and Sport), Associate Professor; Kharkiv State Academy of Physical Culture: st. Klochkivska, 99, Kharkov, 61058, Ukraine.*

E-mail: dti_81@mail.ru

Viktor Dzhym: *Kharkiv State Academy of Physical Culture: st. Klochkivska, 99, Kharkov, 61058, Ukraine.*

ORCID.ORG/0000-0002-4869-4844

E-mail: djimvictor@mail.ru