

# Research on the Selection and Training Model of Bodybuilders in Colleges and Universities

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**ABSTRACT.** *With the rapid development of the times, bodybuilding has received widespread attention and widespread welcome from the society. Bodybuilders are the most important part of bodybuilding and play a pivotal role. This article uses literature research methods and logical analysis research methods to analyze the selection and training methods of colleges and universities bodybuilders through research on the selection and training methods of colleges and universities bodybuilders. Through in-depth analysis, on this basis, find out the shortcomings, compare the shortcomings and shortcomings, and put forward reasonable suggestions.*

**KEYWORDS:** *bodybuilder, selection, training*

## 1. Introduction

With the continuous development of various sports undertakings in my country, competitive bodybuilding has also moved to a higher level, and the technical level of competitive bodybuilding has also been greatly improved [1]. More and more people are participating in bodybuilding, and among these people, what kind of people to choose to participate in competitive bodybuilding is a very necessary and realistic problem that cannot be ignored. The level of competitive bodybuilding reflects the development of the entire competitive bodybuilding in our country, and the key to determining the level of competitive bodybuilding lies in the overall level of competitive bodybuilders. The colleges and universities bodybuilders to be studied in this article are a young, energetic and powerful bodybuilding group with infinite possibilities. The value of their selection and training is no different from the continuous input of fresh blood for the economic bodybuilding industry. Talking about the training of colleges and universities bodybuilders, that is, uniform, professional and scientific training and guidance for college bodybuilders after selection. Selection and training are indispensable for the two to complement each other. The lack of a condition is not only irresponsible to bodybuilders, but also a great waste of resources for colleges and universities bodybuilders. The research on

the selection and training mode of bodybuilders in colleges and universities has many important meanings in all aspects of economic bodybuilding. In the in-depth discussion of the selection and training mode of bodybuilders in colleges and universities, the development and research of the selection and training mode of bodybuilders in the future will be laid down. Some theoretical foundations provide some feasibility references.

## **2. Selection of colleges and universities bodybuilders**

### ***2.1 Status quo and existing problems of the selection of bodybuilders in colleges and universities***

Athletes are the key to the success of any sport. When it comes to athletes, we must talk about the selection of athletes. In our country, the traditional way of selecting athletes is to select athletes based on the experience and ability of coaches, and the selection of bodybuilders is no exception. In the past few years, my country's competitive bodybuilding has not attracted wide public attention to a certain extent and scope, so some aspects of competitive bodybuilding have been scattered so far, and there is no systematic and complete comprehensive system [2]. As far as the current selection of competitive bodybuilders is concerned, the current selection method is relatively backward. This article will discuss the selection of college bodybuilders. The backward selection method will make colleges and universities bodybuilders subject to the subjective factors of coaches to a large extent, which will greatly waste the resources of college bodybuilders. In summary, the current problems in the selection of college bodybuilders are that they are not scientific and objective enough, and the selection methods are single and backward.

### ***2.2 Reasons for selecting colleges and universities bodybuilders***

As more and more bodybuilding competitions are held in many cities every year, the participants are basically from all walks of life. Not all athletes are professional bodybuilders, so it will cause different sources of bodybuilding competition participants, which is very complex and not complete enough. The professional development of bodybuilders will become slower. Any sports event needs a professional sports team [2]. This article focuses on the selection of colleges and universities bodybuilders, so why should the selection of colleges and universities bodybuilders be the focus of the selection of competitive bodybuilders? In my country's current colleges and universities, there are generally the following situations: 1. The management of undergraduate students in colleges and universities that set up a special bodybuilding specialty is not systematic and formal; 2. Some colleges and universities that do not set up a special bodybuilding specialty love bodybuilding. Therefore, colleges and universities students who want to become bodybuilders lack the way to become bodybuilders and cannot get correct guidance.

### **3. Factors affecting the selection of colleges and universities bodybuilders**

#### ***3.1 Subjective factors***

In terms of personal attitude, the first thing is to clearly know that you are a college bodybuilder and you must have a correct attitude towards your identity. Competitive bodybuilders are different from athletes in other sports that require a very strong talent. Competitive bodybuilders need a lot of physical energy every day, and they need very strong physical fitness. A lot of high-intensity training, strict nutritional intake and diet control are all tested with the endurance, desire, and control of a bodybuilder, these test whether the bodybuilder can persist [4]. Therefore, as a college bodybuilder, having a correct attitude is equivalent to taking the first step to success. The level of self-qualification of college bodybuilders determines his acceptance of new knowledge and new things and the ability to distinguish new things. The selection of bodybuilders in colleges and universities should consider this aspect of the athlete's own quality. For example, if you can quickly master new training methods and adapt quickly during training, the next training will be much more convenient. Secondly, with more and more competitive bodybuilding competitions today, bodybuilders are also gradually changing, with a variety of tricks, and some bodybuilders take or even inject illegal drugs that are extremely harmful to their bodies in order to defeat their opponents at the same level before the competition. This is why it is willing to take college bodybuilders into consideration for their own qualities.

#### ***3.2 Objective factors***

First of all, as an athlete, you must have a certain professional ability. The selection of colleges and universities bodybuilders naturally also requires bodybuilders to have professional ability in bodybuilding, but each athlete's ability is different, and the range of improvement is very different. It can be achieved on a basis. The effect is quite different, just as the difference between the ability to lift 50 kg dumbbells and the ability to lift 25 kg dumbbells is the same [5]. If the level gap is too large, the gap in other areas will also increase. This article believes that the ability level of bodybuilders is also a factor to be considered in the selection. As far as the physical function of colleges and universities bodybuilders is concerned, everyone's physical condition is different, but for bodybuilding, bodybuilding requires bodybuilders to have a good body. The functions of each part of the body reflect the conditions of each part of the body. In bodybuilding exercises, bodybuilders need to consume a lot of protein. The large intake of human protein will increase the burden on the liver and kidneys. Pay attention to the intake of fats in the diet. Long-term isolation may cause damage to the intake of fats gastrointestinal damage. Some athletes secrete more testosterone innately, some athletes are naturally better at recovering ability, and some athletes have faster muscle growth. This is inseparable from physical function. Another point that

cannot be ignored is the body circumference and bone size of colleges and universities bodybuilders.

### ***3.3 Other external factors***

As the "Bole" of bodybuilders, coaches are indispensable in the selection of college bodybuilders. The coaches' own coaching ability, professional level, skill level, personal qualities and whether they have the qualifications to select bodybuilders are all issues that need attention [6]. These issues determine whether coaches can select college bodybuilders scientifically and fairly. In addition, there must be a certain demand relationship before the selection personnel and the selected can reach a consensus. The so-called demand relationship, that is, "you need me, I need you", in short, is mutual need. First of all, bodybuilders need a professional staff and organization to provide him with professional training assistance; secondly, professional organizations need fresh blood like college students to enrich the entire professional team, thereby promoting the development of bodybuilding and ensuring the inheritance of bodybuilding culture.

## **4. Applicable methods for selecting colleges and universities bodybuilders**

### ***4.1 Appearance status selection***

The judging standard of bodybuilders in bodybuilding competitions is determined by the overall shape of the bodybuilders. The key is whether the beauty of the human body is in place. Therefore, one of the methods for selecting bodybuilders in colleges and universities is to examine the physical conditions of the athletes and the overall mental state. You can use some advanced instruments to check the bones and muscles of the selected candidates. Bodybuilders should present to the public a positive, healthy and energetic state. Although the bodybuilding posture can be changed through acquired training, the innate appearance state is also very important.

### ***4.2 Testing and selection***

Whether they can become a bodybuilder depends on whether they have the ability to become a bodybuilder, the ability to resist pressure, endurance, weight bearing, endurance, and so on. Bodybuilding requires a huge amount of training, and the physical energy consumption is much larger than that of general sports. The test and inspection method is based on the ability of bodybuilding exercises to test each part of the body, such as chest, legs, abdomen, back, etc., and the subjective endurance of the tester in the whole process is also examined, and judged by the inspector objectively after testing and calculation Whether the tester has the corresponding ability.

## **5. Colleges and Universities bodybuilder training model**

### ***5.1 Classification training method***

According to the various differences of colleges and universities bodybuilders mentioned above, the research believes that the most important training method for college bodybuilders is classified training. According to the differences of college bodybuilders, the difference classification of college bodybuilders is planned and targeted, and then scientific training programs suitable for various types of colleges and universities bodybuilders are formulated to form an organic training mode. In this way, college bodybuilders can quickly train for their shortcomings, find a suitable training method, avoid college bodybuilders from taking detours, and save time and effort.

### ***5.2 External training method***

Competitive bodybuilding requires the appearance of competitive bodybuilders to include an overall image of the face. How to show the beauty of the shape and how to infect the judges is a homework worth learning. Some colleges and universities bodybuilders who have no experience in competitions tend to be shy, helpless or not knowing how to show their posture and how to manage their expressions on the field, which greatly affects their performance. Therefore, the external expressiveness of college bodybuilders also needs to be cultivated and trained.

### ***5.3 Comprehensive ability training***

Bodybuilding does not only require the shaping of the body, the comprehensive ability includes the cultivation of mental quality ability, the cultivation of professional knowledge, the cultivation of professional skills and so on. First of all, the judges want you to show the biceps. As a college bodybuilder, knowing which muscle the biceps is, knowing how to adjust it after training, etc. is the professional knowledge of colleges and universities bodybuilders. Bodybuilding does not require colleges and universities bodybuilders with well-developed limbs and simple minds. Therefore, the cultivation of the comprehensive ability of colleges and universities bodybuilders is also very important.

### ***5.4 Relaxation degree cultivation method***

Bodybuilding training is high-intensity, physical training. In the face of boring training, what many young college bodybuilders have to do is to be patient and persistent. At the same time, like their peers, they yearn for the colorful world outside the training hall, but more often, bodybuilding is a solitary exercise. Therefore, the author advocates to train bodybuilders in colleges and universities

with a degree of relaxation, instead of making them feel that bodybuilding is a continuous high pressure. Appropriately arrange some reasonable rest time or give college bodybuilders some free space to make the athletes feel when you are tired and tired, you can release the pressure, clean up your mood and set off.

## 6. Conclusion

As an important organic part of sports, bodybuilding is now favored and participated by more and more college students. The main task of this article is to provide some basic theoretical suggestions and practical foundations for how to select and train college bodybuilders. The task is to select more excellent bodybuilders for the bodybuilding industry and provide assistance for the development of the bodybuilding industry. The improvement of the selection and training mode of bodybuilders in colleges and universities can lay a good foundation for the development of my country's bodybuilding industry, provide a foundation for the improvement of the selection system, the standardization of selection standards, and the innovation of training methods, thereby changing the existing bodybuilding industry in my country. Some unhealthy conditions have allowed the sustainable development of bodybuilding and passed on, and more and more people have realized the spirit of competitive bodybuilding. Therefore, improving and promoting the selection and training mode of college bodybuilders will inevitably promote the development of bodybuilding.

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