

Sport's philosophy and its social dimensions: bodybuilding as a model

فلسفة الرياضة وأبعادها الاجتماعية : رياضة كمال الأجسام أنموذجا

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Abstract

الملخص

Sports institutions of various types strive to prepare the individual physically, mentally and socially in an integrated manner, and with the social philosophy dominated by the nature of globalization, communication, the influence of the media and communication, interests have become directed towards clubs and sports halls that combine sports practice in various health and socio-economic dimensions ...Among those spaces we find bodybuilding halls that have certain controls that combine strength, body aesthetics, health and the social image of the athlete, in this intervention we try to understand the dimensions of this sport in its social and health meaning.

تسعى المؤسسات الرياضية باختلاف أنواعها لإعداد الفرد بدنيا عقليا و اجتماعيا بصورة متكاملة و مع الفلسفة الاجتماعية الطاغية عليها طابع العولمة و التواصلية و تأثير وسائل الاعلام و الاتصال أصبحت الاهتمامات توجه نحو الأندية وقاعات الرياضية التي تجمع بين الممارسة الرياضية بمختلف أبعادها الصحية الاجتماعية الاقتصادية... الخ نجد من بين تلك الفضاءات قاعات كمال الأجسام التي لها ضوابط معينة تجمع بين القوة و جمالية الجسد و الصحة والصورة الاجتماعية للرياضي، في هذه المدخلات نحاول فهم أبعاد هذه الرياضة في مدلولها الاجتماعي والصحي.

Keywords: sports, social dimension, health dimension, bodybuilding, health..

الكلمات المفتاحية: الرياضة، البعد الاجتماعي، البعد الصحي، كمال الأجسام، الصحة.

1-INTRODUCTION

In addition to the fact that sport is a hobby practiced by many, it is a right for every member of society and an art in which professionalism is possible, this is what the philosophy of society is called the direction of sports, accordingly, sports institutions of various types are established and established to prepare the individual physically, mentally and socially in an integrated way, and due to the growing demand and need for such bodies in which sports activities, specialization and the supremacy of skills, these performances were organized in amateur, semi-professional and other professional clubs, as with the social philosophy dominated by the nature of globalization, the interests are directed towards professional sports clubs that combine The practice of sports and the realization of material profit, it takes place within the framework of the law and according to a tight organizational ladder such as federations, sports associations, clubs and teams .

After the practice of these activities has passed through the stages of hobby and recreation in various sports gatherings, they have become institutions that combine several factors to achieve certain goals, their subjects are commercial and industrial activities under the leadership of an administrative body that determines work programs, implements them and then monitors the results, but legally, these bodies are subject to the commercial and civil law that governs everything related to these institutions .

From this we can conclude that the subject of the sports institution in a particular society depends on the prevailing philosophy in it, despite the insufficient awareness of its social and cultural importance, and this we can emphasize that sport has a deep philosophical dimension, as the philosophy of sports varies in different societies and changes according to trends, religion and the prevailing culture . In this presentation, we should try to characterize the phenomenon using the descriptive method (Angers, 1997) using the observation tool.

2- bodybuilding sport :

Bodybuilding : a sports game that originated in the late nineteenth century AD and the beginning of the twentieth century. Its principle is to inflate and accentuate the muscles of the body, and show them compared to the muscles of other competitors, according to specific rules that are subject to relative judgment on both (density, definition, clarity, skin color), where seven Judges Award Points to competitors on the basis of which they take their positions descending, where the one who takes the fewest points gets the title.

Bodybuilding is a game and Sport founded in the late ninth century and the beginning of the twentieth, this sport aims to inflate and enlarge the muscles of the body, highlight, display and compete with others. And the first appearance of this sport was in Egypt in the Forties of the century. Bodybuilding or bodybuilding is used in the Arab Federation and throughout the Arab world. How to apply bodybuilding: training: training contains the contraction and diastole of the muscle with a large number of repetitions. The goal of training is to promote muscle cells to grow; so as to harmonize with physical and muscular exertion. And the guys get a training schedule through coaches and professional bodybuilders. Nutrition: the right food is important for bodybuilding, so you should eat about 4 meals during the day. And such meals should contain vitamins, healthy fats and proteins. These elements serve to supply muscle cells with energy and activity. Rest: rest time is important, so that a new cell building process takes place. The sleep time should be about eight hours, and there should be occasional breaks during training. (<https://www.yallafitnessacademy.com>)

3- types of bodybuilding sport

Professionals of this sport divide it into :

3-1--classical physics

The classic physical category was introduced in 2016 and is the newest section in Mr. Olympia .this division is aimed at men who want to build their muscles and size above the limits of physical, but not the limit of bodybuilding. players of this type focus on the aesthetic of muscular appearance and also boast of stomach cooling movements.

3-2- men's physique

This category is also new, it was introduced for the first time in 2012, in which the judges pay attention to athletes with less muscle and aesthetic physique, i.e. the emphasis is on the attractive structure, especially the shoulder and waist, and the exceptional and balanced development of the arms, chest and back, and not much detail is given to the development of the thighs because it is hidden under clothing.

3-3-bodybuilding class 212 Olympia

This category was introduced in 2011 and is especially recommended for short men who are not able to accumulate the same amount of muscles compared to taller competitors in the open weight, an athlete needs to weigh up to 212 pounds or less and the height must be 166 cm . (<https://www.yallafitnessacademy.com>)

3-4-open weight bodybuilding

It is a familiar category, and the players participate here with their weights starting at 300 pounds, and the participants compete together, and this category is characterized by the largest muscles of the participants and their bulkiness .

4- forms of bodybuilding sport :

Bodybuilding is a comprehensive name for the sport of body building (muscle amplification, which is fundamentally based on weight lifting . And fitness sports (free exercises) are as an auxiliary

tool for it (such as warming up and warming up, such as push-ups, abdominal exercises, etc., and running)...Etc.

Stretching and stretching fall under the name of bodybuilding and weightlifting, while fitness exercises are a different matter and a different sports field.

4-1- amplification is: increasing the size of the muscles (increasing their circumference or diameter) this is done by exercising the muscles of the body by weights (weights are the basis of amplification) and the more a person gets used to the weight of the weight, the more it increases or the more times . With the intake of proteins (beef, chicken.

4-2- drying is: the fat in the body is completely dissolved and drying cannot be done without diet so that muscle expressions appear clearly on the body .(حازرلي، 2015).

Drying is carried out by:

- Increase the number of exercise times with the use of a fixed weight without increasing the weight
- By free exercises such as push-ups, running, walking, abdominal and others .
- Do not eat fats and starches and be content with sugars .

5- Fitness :

These are exercises that do not significantly increase muscle strength, but rather increase muscle endurance and body endurance against fatigue and fatigue for longer than usual . And they do not significantly increase muscle volume like weightlifting sports . And fitness means a very endurance and slim (not bulky) body . Examples of them are running, swimming, football, free exercises (push-ups, abdominals and others.

6- the importance of bodybuilding

Bodybuilding works to build a strong body that can withstand lifting and carrying heavy objects. They help strengthen the heart muscle, increase intelligence and mental concentration. Help to get rid of all back pain. Bodybuilding maintains the freshness of the skin and delays the signs of aging. It helps to control weight. They help to get rid of thinness and obesity. Coronary artery incidence decreases. Burning fat and consuming sugars in the blood, which facilitates its work and reduces the incidence of diabetes. Make the body more bearable to face shocks and accidents. (N, 1998, p. 42) They help get rid of depression, stress and anxiety. Give the player self-confidence and high player level. Help to increase the secretion of the male hormone, increase sexual ability and treat impotence, strengthen joints one of the main reasons why people avoid resistance exercises and bodybuilding is joint pain. It is worth noting, the reason for the suffering of many of these people is that they do not practice these exercises, these exercises may work to alleviate joint pain, strengthen joints over time, if performed correctly dear self-confidence bodybuilding can enhance a person's self-confidence, which helps him achieve many other achievements in his personal and professional life, it is worth noting that physical strength is directly related to the mental strength of an individual, and the more healthy and agile the body, the mind is also bone building resistance exercises in bodybuilding stimulate the increase of bone density in addition to the growth of mass musculature. (N, 1998, p. 43) The body uses amino acids to build and repair muscles, and also uses protein, calcium, magnesium, vitamins D and K to build bones. Bodybuilding may also reduce high blood pressure, obesity, and high cholesterol, as it has a great effect on muscles, bones, and joints, as it keeps the body and muscles strong and flexible, and helps reduce the incidence of osteoporosis and arthritis.

Long-term bodybuilding changes the composition of the body, as it becomes stronger and more agile, and with age a decrease in muscle mass occurs naturally, diabetes resistance a healthy bodybuilding lifestyle can affect the fight against diabetes, as training in bodybuilding improves insulin and glucose sensitivity, and bodybuilding increases the need to use glucose for energy, through moderate exercise .

7-Conclusion :

Sport works on the sense of belonging to the group : it is the sense of the need for the group and belonging to it, in order for the individual to be an active member of it is of importance, and it, in turn, is needed by the rest of the elements of the group or the participating body : it is the expression of opinion and action in the planning and organization of performance work in order to achieve the common collective goal of this group .

Satisfaction of individual needs: where the sports community contributes to the satisfaction of the individual needs of the players and players in it and helps them to achieve their goals, this increases the commitment of members, whether physical, psychological, social or other needs . Sense of success: where success leads members to continue working and building and motivates them to raise their levels .Supervision of the technical department: it is the most important element for achieving the Assembly, as it leads it to achieve the goals of continuity and seriousness in work . Cooperation: the cohesion of the sports community is strengthened if there are cooperative relations, division of Labor and assignment of tasks according to abilities and skills . These conditions provide the appropriate environment for the establishment of a sports institution and generally concerns the human factor that is supported by material factors and work to achieve goals and achieve returns after the members have special characteristics such as behavior, skills and persistence, and the Sports Group specializes in certain collective phenomena, as the

psychological and social phenomena of groups such as vitality, Sports effort, identical and common collective thinking, makes the sports complex more cohesive.

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