

DIETARY PRACTICES AMONG SPORTSMEN

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ABSTRACT

The purpose of the present investigation was to assess the dietary practice of sportsmen of different sportive events. This study was conducted on 120 male sportsmen studying in Government and Private colleges situated in Banaras (U.P.). The questionnaire of ten questions about dietary practice prepared by Nazni and Vimala (2010) was used to collect the data from the selected male sportsmen. The results of the present investigation indicated that there is a paucity of nutrition education intervention among selected male sportsmen. This sports specific variation in the practices indicates the strong influence of coaches, peers and tradition.

Keywords: Dietary practices, Males, Sportsmen

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INTRODUCTION

Nutrition is an important complement of any physical fitness program. The main dietary goal for active supplement information from nutritionists/ dietitians and individuals is to obtain adequate nutrition to optimize health and fitness or sports performance (Congeni & Miller, 2002)

Nutritional requirements are not same at various periods of growth. Requirements vary widely with age, sex, body size, growth pattern, climate and state of health of person. But the variation is mainly due to difference in physical activity. Persons like players engaged in strenuous activity requires more food to meet their increased requirement of energy and for the initiation and maintenance of high level of performance where as persons engaged in sedentary work like non sportsmen and women, require less food as they spend less energy (Manore & Beals, 1998).

The present study was to assess the dietary practice of university male sportsmen of different sportive events

METHODOLOGY

Selection of Subjects:

The study was conducted on 120 male sportsmen studying in Government and private colleges situated in Banaras(U.P.) , India with mean age of 21.19years, weight 55.16 kg. and height 1.68 Meter which were selected by purposive sampling techniques. The subjects in the present study were inter-collegiate level sportsmen. The sportsmen belonged to varied sports disciplines viz. Football (N=30), Athletics (N=30), Cricket (N=30) and Shooting (N=30). The participants of the study were in Undergraduate degree course (55.83 %) and Post graduate degree courses (44.17 %).

Instrumentation:

A well framed and standardized questionnaire cum interview schedule was used to elicit information on the nutritional practices. The questionnaire of ten questions about dietary practice prepared by Nazni and Vimala (2010) was used to collect the data from the selected male sportsmen

RESULTS AND DISCUSSION

To assess the nutrition related fact of college sportsmen of Bannaras district, Frequency and Percentage were analyzed and data pertaining to this have been presented in Table 1

TABLE 1
DIETARY PRACTICES OF SPORTSMEN

S. NO.	Statements	Yes %	NO (%)
1	Is you dietary pattern change at the time of competition	43.33	56.67
2	Do you skipping meals prior to competition	31.67	68.33
3	Do you consuming sports drinks every day before practicing	34.17	65.83
4	Do you practice carbohydrate loading prior to competition	23.33	76.67

(Table 1 Continued)

5	Do you consume glucose polymer drink (12g of glucose / 100ml) during exercise? (A) 250 ml (30g CHO) (B) 500 ml (60g CHO)	43.33	56.67
6	Are you having the habit of taking energy base during exercise? (A) ½ - 1 bar (30g CHO) (B) ½ - 1 bar (60g CHO)	60.00	40.00
7	Do you consume energy gel during exercise (A) 1 sachet (30g CHO) (B) 2 Sachet (60g CHO)	39.17	60.83
8	Will you consume rising (or) sultanas at the time exercise? (A) 40g (30g CHO) (B) 80g (60g CHO)	63.33	36.67
9	Will you practice of eating bananas during exercise? (A) 1-2 banana (30g CHO) (B) 2-3 bananas (60 g CHO)	57.50	42.50
10	Do you consume isotonic sports drink (6g/100ml) during exercise (A) 500 ml (30g CHO) (B) 1000 ml (60g CHO)	41.67	58.33

Table 1 indicates that the dietary practices of the sportsmen were variable. The 43.33 percent of sportsmen adopted a change in the dietary pattern at the time of competition. Skipping of meals prior to competition was participated by 31.67 percent of the total sportsmen. Awareness about carbohydrate loading was seen in 23.33 percent sportsmen and consumption of glucose polymer drink during exercise was followed by 43.33 percent of the sportsmen. 34.17 percent of sportsmen takes sport drink every day before practicing. Habit of taking energy bars during exercise was practiced by 60 percent of the sportsmen, consumption of energy gel during exercise was not observed in 60.83 percent of the sportsmen, consumption of rising was practiced by 63.33 percent of the sportsmen at the time exercise. Habit of consuming isotonic sports drinks was observed in 41.67 percent of the sportsmen.

DISCUSSION

Dietary practices of the male sportsmen were different. More than fifty percent of sportsmen adopted a change in the dietary pattern at the time of competition. The Practice of skipping of meals prior to competition and consumption of glucose polymer drink during exercise sport drink every day before practicing was found in more than one fourth of the total sportsmen. Awareness about carbohydrate loading was seen in less than one fourth sportsmen. Habit of taking energy bars and consumption of energy gel during exercise was practiced by sixty percent of the sportsmen. The consumption of rising was practiced more than sixty percent of the total sportsmen at the time exercise. Habit of consuming isotonic sports drinks was observed in less than half of the total sportsmen.

CONCLUSION

The present study reveals that there is a paucity of nutrition education intervention among selected male sportsmen. There is sports specific variation in the practices indicating the strong influence of coaches, peers and tradition. It is vital to educate the sportsmen and

accustom them to dietary pattern in different regions of India and abroad.. Hence, delivering continuous education through workshops and courses helps to improve trainers' nutritional practices

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