Asian Journal of Research in Social Sciences and Humanities

Asian Research consortium

www.aijsh.com

ISSN: 2249-7315
Vol. 11, Issue 10, October 2021
SJIF –Impact Factor = 8.037 (2021)
DOI: 10.5958/2249-7315.2021.00063.0

SPORTS NUTRITION: CAVERNOUS VIEWPOINTS, KEY PERSPECTIVES AND FACTORS

Dr. Anjana Lohan*

*Associate Professor,
Head, Deptt. of Physical Education, S.D. Mahila Mahavidyalaya,
Narwana, Jind, Haryana, INDIA

ABSTRACT

Athlete performance may be improved via the use of sports nutrition, which examines and applies nutrition and diet to athletes. Weightlifting and bodybuilding (for example) and endurance sports (for example) both include nutrition into their training routines (e.g. cycling, running, swimming, rowing). The field of sports nutrition examines the types and quantities of fluids and food consumed by athletes in order to better understand how they affect performance. The intake of vitamins, minerals, supplements, and organic substances such as carbs, protein, and fat is also addressed. Nutritional needs are influenced by several factors. Athletes should tailor their sports nutrition strategy to their specific needs in light of their current circumstances and goals. Type of exercise (aerobic vs. anaerobic), gender, weight, height, BMI, workout or activity stage (pre-workout, intro-workout, recuperation), and time of day may all influence an athlete's dietary requirements (e.g. some nutrients are utilised by the body more effectively during sleep than while awake). Fatigue, injury, and discomfort are the most common roadblocks to peak performance. These performance hiccups may be minimised with a healthy diet. For a healthy diet, make sure you eat enough of a wide range of foods and that you're getting all the macro- and micronutrients you need. According to an article by Eblere (2008), choosing unprocessed foods such as oranges over orange juice is preferable when eating raw. Natural foods imply the athlete will receive the maximum nutrients out of the food they consume. The nutritional content of processed meals is usually diminished.

KEYWORDS: *Sports Nutrition, Nutrition in Sportsmen, Key Role of Nutrition in Sports*

REFERENCES

1. Jurek, Scott (2012). Eat and Run. London: Bloomsbury.

2. Lemon P. (1995). "Do athletes need more dietary protein and amino acids?". International Journal of Sport Nutrition. 5: 39–61. doi:10.1123/ijsn.5.s1.s39. PMID 7550257.

3. Spada R. "Endurance sports nutrition". Journal of Sports Medicine and Physical Fitness. 40 (4): 381–382.

4. Delamere, Nicholas, and Claudia Stanescu. "Muscle Energetics." Physiology 201. University of Arizona, Tucson. 25, 27, 29 Mar. 2009.

5. Rokitzki L. (1994). "Alpha-tocopherol supplementation in racing cyclist during extreme endurance training". International Journal of Sport Nutrition. 4 (3): 253–64. doi:10.1123/ijsn.4.3.253. PMID 7987360.

6. Saladin, Kenneth (2018). Anatomy and Physiology: The Unity of Form and Function. New York, NY: McGraw-Hill Education. pp. 307–395. ISBN 978-1-259-27772-6.

7. "Background Information: Dietary Supplements — Health Professional Fact Sheet." U.S National Library of Medicine. U.S. National Library of Medicine, 24 June 2011. Web. 04 Nov. 2016.

8. Maughan, Ronald J., ed. "Sports Nutrition: What Is It?" Journal of Nutrition & Physical Activity 17 (2001). 2001. Elsevier Science Inc. 25 Mar. 2009.

9. "Energy Boosters: Can Supplements and Vitamins Help?". WebMD. 2017-05-18.

10. "GUARANA: Uses, Side Effects, Interactions and Warnings - WebMD". www.webmd.com. 2017-05-18.

11. "Improved Cycling Time-Trial Performance After Ingestion of a Caffeine Energy Drink." International Journal of Sport Nutrition and Exercise Metabolism 19 (February 2009): 61-78.

12. Applegate, Elizabeth A., and Louis E. Grivetti. "Search for the Competitive Edge: A History of Dietary Fads and Supplements." The Journal of Nutrition (1997): 869S-73S. The Journal of Nutrition. American Society for Nutritional Sciences. 1 Apr. 2009 <jn.nutrition.org>.

13. Hoffman, Jay R., Jie Kang, Nicholas A. Ratamess, Mattan W. Hoffman, Christopher P. Tranchina, and Avery D. Faigenbaum. "Examination of a pre-exercise, high energy supplement on exercise performance." Journal of the International Society of Sports Nutrition 6 (2009). Journal of the International Society of Sports Nutrition. 6 Jan. 2009. BioMed Central Ltd. 25 Mar. 2009