

# RESEARCH DEMAGOGUE

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**I N T E R N A T I O N A L C O N F E R E N C E**

**ON**

**Future Prospective of Physical Education,  
Sports Sciences and Yogic Practices**

# RESEARCH DEMAGOGUE

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### **NUTRITION NEEDS FOR SPORT PERSON**

#### **ABSTRACT**

*Nutrition is an important aspect of Athletics' training programme. Although exercise and Athletic is considered to increase nutrient needs in some athletics, a balanced diet with adequate calories can potentially provide the necessary nutrients. It is likely, however, that for various reasons, not all athletes, are able to consume a diet that meets their nutritional needs and thus resort to nutritional supplements with the intention of preventing deficiencies and even enhancing performance. Parents and coaches can use the following nutrition information to help young athletes feel energetic and perform their best. This paper identifies nutritional needs of sports person, reviews common misconceptions and examines the nutrition knowledge of sportsmen and their sources of nutrition information. Nothing is more important than healthy eating. Put the wrong fuel or let it go without regular use and there's no way it can deliver its full power and performance. Students should follow the food guide pyramid as a basic standard of healthy eating. The pyramid Providian outline of healthy diet based on food groups including carbohydrates, protein, fruit, vegetables, dairy and facts.*

#### **Introduction:-**

Nutrition is the provision to humans to obtain the materials necessary support life. In general, human can survive for two to eight weeks without food, expending on stored body fat and muscleman. Survival without water is usually limited to three or four days. Lack of food remains a serious problem, with about 36 million humans dying every year from causes directly or indirectly related to improper nutrition athletic should be provided a well planet diet whereas sportsman should supplied with different diet. Nutrition' is an important aspect of an athlete's training program. Although exercise and athletic training is considered to increase nutrient needs in some athletes, a balanced diet with adequate calories can potentially provide the necessary nutrients. It is likely, however, that for various reasons, not all athletes are able to consume a diet that meets their nutritional needs and thus resort to nutritional enhancing performance.

Coaches, parents and athletes often look for a miracle food to enhance performance. The truth is there are no special foods or supplements that can help athlete's train harder or complete better. What does make a difference is the athletes overall diet and the demining of meals. Good nutrition is essential to support an athlete's growth, Strength and stamina. Parents and coaches can use the following nutrition information to help young athletics feel energetic and perform their best.

#### **Guidelines for sports Nutrition:**

There is no one food that must be eaten to support athletic performance. In fact, different ways of eating can be excellent for athletics. However, it is important for athletes to follow a few guidelines.

#### **Energy first:-**

Meeting energy needs is the first priority for all athletes. The working body requires three main nutrients to fuel activity; carbohydrate, fats and protein. A diet that is high in carbohydrate lower in fat and adequate in protein is best optical performance and disease prevention.

#### **Carbohydrates:-**

The main fuel for the body during exercise is carbohydrate. Choosing fruits and vegetables that are dense in nutrients and energy enables the athlete to achieve optimal performance.

An example of an energy/nutrients dense snack would include whole wheat crackers and banana with a glass of skim milk versus a nutrient void snack as pop, a chocolate bar and potato chips.

#### **An Athlete's MealPlan:-**

Athletes require more calories than the general population because they need energy to fuel training regimens. Calorie needs can vary due to age, sex, weight, muscle, and height, fat mass and level of training. Because nutrition plays a critical role in performance, athletes often work with registered dietitians to plan diets.

#### **Nutrition is an important to health:-**

Proper Nutrition is an important to health as exercise, when exercising; it becomes even more important to have a good diet to ensure that the body has the correct ratio of macronutrients while providing sample micronutrients, order to aid the body with the recovery process following strenuous exercise.

Proper rest & recovery are also as important to health as exercise, otherwise the body exists in a permanently injured state and will not improve or adapt adequately to the exercise. Hence, it is important to remember to allow adequate recovery between exercise sessions. It is necessary to refill the glycogen stores in the skeletal muscles and liver. After exercise, there is a 30 minute window critical to muscles recovery. Before doing anything else, one should drink something for recovery. Liquids are ideal after exercise and there are several studies that show low fat milk and chocolate milk as being effective recovery beverages because of its ideal 4:1 combination of carbohydrate and protein that fuels and replenishes our muscles the best.

The above two factors can be compromised by psychological compulsions misinformation, a lack of organization, or a lack of motivation. These all lead to a decreased state of health.

#### **Main Components of Sports nutrition:-**

##### **Protein:**

Proteins are often called the building blocks of the body. Protein consists of combinations of structures called amino acids that combine in various ways to make muscles, bone, tendons, skin, hair, and other tissues. They serve other function as including nutrient transportation and enzyme production. In fact, over 10000 different proteins are in the body.

##### **Water and Salt:**

Water is one of the most important fluids in the sports diet. It helps eliminate food waste product in the body, regulates body temperature during activity and helps with digestion. Maintaining hydration during periods of physical exertion is key to pick the performance. Water and salt dosage is based on work performed, lean body mass, and environmental factor, especially ambient temperature and humidity.

##### **Carbohydrates:**

A carbohydrate is arguably the most important source of energy for athletes. No matter what sports you play, carbs provide the energy that fuels muscle contractions. Once eaten carbohydrates breakdown into a smaller sugar that get absorbent used as energy. Any glucose not needed right away gets stored in the muscles and the liver in the form of glycogen. Once these glycogen stores are filled up, any extra gets stored as fat.

Carbohydrate has other specific functions in the body including the central nervous and brain.

##### **Conclusion:-**

Proper nutrition for young athletes is critical not only to their athletic success, but more importantly to their growth, development and overall health. Nutritional recommendations should be based on the most current scientific data; we must provide information about appropriate resources for the school nurse when advising student athletes and their coaches' parents. Nutritional needs for peak athletic performance include sufficient calorie intake. Adequate hydration and attenuation to timing of meal is student nutrition. Thus Sports plays an integral role in promoting athletic success by helping athletes stay healthy and optimally fuel themselves so they can maximize training and conditioning. It is likely. However, that for various reasons, not all athletics are able to consume a diet that meets their nutritional needs and thus resort to nutritional supplements with the intention of preventing deficiencies and even enhancing performance. Different food strategies should be made for different sports for example heavy protein diet for example heavy protein diet for judoka, wrestlers and light food of shooter and archers.

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