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Introduction

Sports supplements have resulted in significant challenges among young athletes. This article focused on examining the utilization of sports supplements between individuals and their acquaintances. At the same time, their insolence towards sports supplements. The sports industry is facing immense competition among the athletes; hence, based on the information presented by the media and the training approaches, young athletes have opted to utilize various strategies to gain a competitive advantage. Thus, sports nutrition signifies the incorporation and use of scientific nutrition and practice functioning values that sustain and increase physical event rate, recovery and sports performance. Nevertheless, although the supplements are essential in enhancing their recovery and performance, most young athletes cannot create sufficient nutritional selections for progress and development. Also, proper nutrition is essential for augmented athletic recital and depends on the extra nutritional consumption reserved in the sports supplements.

The use of sports supplements has quickly increased for the past ten years, which has resulted in developing other products to fit the demand in the market. Although there are many products in the market, young athletes are not informed concerning the right products to be utilized. Besides, most of them hardly consult the nutritional experts concerning sports supplements. Therefore, the study's objective is to realize use of sports supplements in examining source of information concerning the supplements used by young athletes. Another objective was to predict level of acquittance with explicitly explained survey questions together with cause for consuming supplements. As well as to realize perceptions for the ethical dilemma regarding the misappropriation of sports supplements with young athletics.

Materials and Methods

The population used in the study are young athletics ranging between the age of 15 to 18 (Jovanov et al., 2019). The study was done between March and November of 2018. Moreover, to ensure that all the study participants are aware of the information needed, the authors ensured that they publicized it earlier to institutions, sports clubs and worldwide competitions. To make data collection simple and efficient of the information provided, trainers, educators and parents of individuals involved were informed concerning the study to recruit them in the survey. Three hundred forty-eight young athletics were involved in the study where gender was equally dispersed. Moreover, age distribution was also equal to those within fifteen to sixteen years and those between seventeen and eighteen.

The participants came from four different nations, including Japan, Serbia, Croatia and Germany, comprising 20.1 percent, 39.4 percent, 17.5 percent and 23 percent, respectively (Jovanov et al., 2019). Also, the participants represented their countries in eighteen different sports. The survey to be answered comprised twenty questions divided into four segments. The first focused on obtaining personal data, the second concerning the utilization, essential and source of information and protection and location of the supplements. The third part was to check the participant's acquittance on appropriate utilization of the supplements. Finally, was to examine their beliefs and insolences on the supplements and probable antidoping laws desecrations. Furthermore, collected data was managed by Microsoft Excel and examined by the Statistica 12 application. Moreover, Chi-square was utilized in analyzing descriptive data.

Results

Based on the survey data, 82.2 percent of the participants were utilizing sports supplements. In the total number of those using the supplements, sixty-point-six percent were male individuals. Also, the study indicated that 47.7 percent of the participants had been between fifteen to sixteen years $p=0.038$ while the between seventeen to eighteen years were 52.3 percent with $p=0.032$ (Jovanov et al., 2019). Nevertheless, the survey indicates that male is more vulnerable to the utilization of nutritional supplements in all age divisions. Besides, different participants used more than one sports supplements; for instance, based on the study, 82.2 percent used between one and two supplements, sixty-two-point one percent used between two to three, thirty-five-point nine percent used between three to four- and fourteen-point seven percent used more at least four nutritional supplements to boost their sports performance.

Male and female participants used varying types of sports supplements. The study found that whey protein was used in large quantities at fifty-four-point five percent. Nevertheless, male individuals were found to use creatine, caffeine, whey proteins and amino acids. Also, the males did not have reactions as females' participants had while using the glutamine, energy drinks and carbohydrates. The study also found that 30.2 percent of the participants know that proper nutrition and supplement are essential for increasing sports presentation. At the same time, 18.4 percent of them knew it is not essential.

The other part was based on the reason for the use of the sports supplement. 35.3 percent of the participants took the supplements to increase their performance. Nonetheless, females took the supplements to enhance their health and on the other hand, males used to improve their performance. Although a significant number of the participants did not take it, among those who did, 72.1 percent of them knew the health risks associated with taking the sports supplements. In comparison, twelve-point nine percent regard them as safe. The participants did not depend on

their research to understand the momentous effects of supplements on their bodies and health. 36.8 percent of the participants consulted their physician and at the same time, others depended on the internet to know the use of vitamins. The participants also did not have vital acquaintance concerning the utilization of creatine and glutamine. The World Anti-Doping Agency provides guidelines on the utilization of suitable supplements. Based on the study, fifty-five-point-five percent of the young athletics were aware of the guidelines. However, the eleven-point eight percent of the participants agreed to use the forbidden substances if they are aware, they will not be tested to increase their performance.

Discussion/Conclusion

There is a high prevalence in use of sports supplements between young athletes competing globally. Although 82.2 percent of the overall participants were using the supplements, 87.5 percent are from Australia, seventy-seven percent from Singapore and 71.2 percent from the United States (Jovanov et al., 2019). Nevertheless, although the number of individuals using sports supplements intensifies with age, male athletes use more than females. Simultaneously, the occurrence of whey protein usage is high compared to other studies, and its use has intensified within the last twenty years. The athletes face a challenge when doing strenuous practices which require more proteins and thus, to accomplish the rapid tissue repair, supplements must be used because balanced meals cannot provide the needed requirements.

Young athletes have differences in recognizing the reasons and benefits of using sports supplements. However, although most of them are using supplements to increase their performance, most of them do not have efficient knowledge of the supplement's use. Realizing the benefits and risks associated with the use of sports supplements is essential. The internet and coaches are the largest sources of information regarding the supplements; however, the athletes

need to ask nutritional experts about the best supplements to use. Proper direction on nutritional supplements is essential as it evades the athletes from the dangers of doping and negative effects on their health.

In short, the study realized that the survey results showed that supplements are commonly used with young athletes and are not controlled to a particular demographic. Although the field performance is their biggest inspiration, the insufficient acquaintances of the young athletes on the using sports supplements create a significant gap for training and awareness concerning the utilization of supplements.

Reference

Jovanov, P., Đorđić, V., Obradović, B., Barak, O., Pezo, L., Marić, A., & Sakač, M. (2019).

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