International Journal of Physical Education
DOI : 10.15740/HAS/IJPE/10.1and2/46-48
e ISSN-0976-7924 ■ Visit us : *www.researchjournal.co.in*
Research Note
Volume **10** | Issue 1&2 | April & October, 2017 | 46-48

Sports person and proper nutrition

■ **ARJUN SINGH**

Received : 12.08.2017; **Accepted :** 30.09.2017

Author for correspondence

ARJUN SINGH
Department of Physical Education, Dr. Ram Manohar Lohia Avadh University, Faizabad (U.P.) INDIA
Email: arjunsinghau@gmail.com

■ **KEY WORDS :** Sports person, Proper nutrition, Reference sportsman, Reference sports woman

■ **HOW TO CITE THIS PAPER :** Singh, Arjun (2017). Sports person and proper nutrition. *Internat. J. Phy. Edu.*, **10** (1&2) : 46-48, **DOI : 10.15740/HAS/IJPE/10.1and2/46-48**.

It is presumed that an active player or athlete spends at least four hours per day in active practice. The physical activity depends on the type of game and sport. It is also well known, that, competitive matches required more energy.

Reference sportsman:

Reference sportsman is defined as one aged 20-39 years weighing 60 kg.in body weights and with 7-15 per cent body fat. Daily he involves himself 4 hours in moderate activity during practice. He needs 3600 Kcal of energy per day at physiological level which can be obtained by rations giving 4320 Kcal. It includes an allowance of 20 per cent for losses during processing, kitchen and plate wastage.

Reference sportswoman:

Reference woman is between 20-39 years of age and weighing 50 kg. She spends 4 hours in moderate activity during practice. She requires 2900 Kcal which she can get from ration yielding 3480 Kcal per day. It provides for wastage/losses of 20 per cent of various levels.

Table 1: Range of the daily energy consumption in the training process of the deferent sports

Sports	K Cal./kg/day
Gymnastics	50-68
Sprint and middle distance runners	55-70
Long distance and marathon runners	60-80

Table 2: Recommended dietary intake of nutrients at ration level

	Reference sportsman	Reference sports woman
Net calories (Kcal.)	4310	3470
Protein (g)	100-120	80-100
Calcium (g)	1-2	1-2
Iron (mg)	50-75	60-100
Retinol (mg)	1000-2000	1000-2000
Thiamine (mg)	3-4	2-3
Vitamin C(mg)	100-200	100-200
Nicotinic acid (mg)	40-50	40-50

Carbohydrates can provide energy upto 50-70 per cent of the total requirement. Endurance athletes can use the upper level. Visible and non-visible fat could meet from 20 to 30 per cent of the energy needs and the lower level is suitable for endurance athletes. Proteins can supply above 10 to 15 per cent of energy and upper most limits may be 2 g per kg. body weight.

Ensure adequate glycogen stores are meeting the needs of high intensity sports. Muscle and liver glycogen stores supply the glucose vital for production of anaerobic energy. It is, therefore, necessary to replenish glycogen