

Research Paper :

Comparative study of nutritional status of Weightlifters, Wrestlers, Judo players and standard nutritional chart

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ABSTRACT

The present study was undertaken on 75 male intercollegiate wrestling, judo and weight lifters (25 each game) aged between 18-25yrs. participating in Intercollegiate tournament of S.G.B. Amravati University, Amravati. The main purpose of the study was to compare the nutritional status of weight lifters, wrestler, judo players with standard nutritional chart. It was hypothesized that there would be a significant difference between the nutritional status of weight lifting, wrestling and judo players of inter collegiate level and the nutritional status might be low as compare with standard nutritional chart. One way Analysis of variance (ANOVA) was used to find out the significance. The main tool for the data collection process was questionnaire. A self-prepared questionnaire on sports nutrition was used in this study. It has been observed from the analysis that there was a significant difference between the daily caloric intake of players of different games. It was found that caloric need of weight lifters was more than that of wrestlers and judo players. The daily calorie intake was like Weightlifter > Wrestlers > Judo Players. In this study it was also seen that the mean caloric intake of players was less when it was compared with the standard nutritional chart.

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Sports nutrition is relatively new area of study involving the application of nutritional principles to enhance sports performance. A lifetime good nutrition is evidence by a well developed body. Good nutrition is basic to good health. Nutritional classification of foods may be broadly divided into three groups: (i) Energy yielding foods; (ii) Body building foods and (iii) Protective foods. In estimating the caloric requirement, the following factors will have to be taken into account (1) Physical activity (2) Body size and composition (3) Age and sex (4) Physiological state and (5) Climate and environment. Food groups and nutritive value of foods may be broadly classified into 11 groups based on their nutritive value: (1) Cereal and millers, (2) Pulses (legumes), (3) Nuts and oilseeds, (4) Vegetables, (5) Fruits, (6) Milk, (7)Eggs, (8) Meat, fish and other animal foods, (9) Fats and oil, (10) Sugar and other carbohydrate food and (11) Spices and condiments.

Athletes' combine both health related and performance related components of physical fitness into a fitness regimen. They have special nutrient needs including an increased need for calories, carbohydrates and protein. Athletes who excel in wrestling, weightlifting, and judo exhibit exceptional physical fitness, determination and discipline. For sports where speed and power is more important, gymnastic, sports, swimming (100,200mt.) skating the proportion of the nutrients in total energy intake

should be 18% protein, 30% .fat, 52% carbohydrate (Iannuskha 1980) in the event of power sports like, jumping, throwing, body building, weight lifting the rate of nutrients intake should be 22% protein, fat 30% carbohydrate 42%, For endurance sports like middle distance, long distance, marathon, walking, swimming 200 m and onward, kho-kho, the ratio of nutrients intake in diet should be protein 15%, fats 25%, and carbohydrate 60%. The main purpose of the present study was to study the nutritional status and daily diet schedule of weight lifters, judo players and wrestlers and also to compare the nutritional status of players with standard nutritional chart.

METHODOLOGY

The data pertaining to this study was collected from intercollegiate level players in their respective games organized by Sant Gadge Baba Amravati University, Amravati. Twenty five players from each game *i.e.* weightlifting, wrestling and judo were selected randomly for this study whose age category was ranged in between 18-25 years. The main tool for the data collection process was questionnaire. A self-prepared questionnaire with the help of teachers, experts in the field of physical education and sports nutrition was used in this study. Questionnaire was divided into six sections in first section;