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Sports and Exercise Science, 2022, 10 (5): 01-02  
(<http://www.scholarsresearchlibrary.com>)



ISSN:2278-005X

# The Discipline of Sports Nutrition is used in Professional Athletes' Diets

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**Received:** 28 Aug, 2022, Manuscript no. : Ejses-22-79974; **Editor assigned:** 4 Sept, 2022, Pre QC no: ejses-22-79974 (PQ); **Reviewed:** 11 Sept, 2022, QC no. : Ejses-22-79974 (Q); **Revised:** 14 Sept, 2022, Manuscript no. : Ejses-22-79974 (R); **Published:** 21 Sept, 2022

## ABSTRACT

*The study of the human body and exercise science go hand in hand with the specialty of sports nutrition within the discipline of nutrition. Sports nutrition can be summed up as the practical application of nutrition knowledge to a daily eating schedule that supplies the energy for physical activity, speeds up the body's ability to repair and rebuild after strenuous exercise, and helps athletes perform well in competitive events while also promoting general health and wellness. Athletes must follow healthy eating habits and have a solid understanding of both general nutrition and exercise science in order to properly eat for sports. The second phase is to learn about the connections between the fields of exercise science and nutrition, emphasizing the interdependence of both physical activity and dietary practices.*

**Keywords:** Physical Activity, Nutrition Counseling, Food; Health, Dietary practices, Protein supplements

## INTRODUCTION

The study of the human body and exercise science go hand in hand with the specialty of sports nutrition within the discipline of nutrition. Sports nutrition can be summed up as the practical application of nutrition knowledge to a daily eating schedule that supplies the energy for physical activity, speeds up the body's ability to repair and rebuild after strenuous exercise, and helps athletes perform well in competitive events while also promoting general health and wellness. Athletes must follow healthy eating habits and have a solid understanding of both general nutrition and exercise science in order to properly eat for sports. The second phase is to learn about the connections between the fields of exercise science and nutrition, emphasizing the interdependence of both physical activity and dietary practices. The physical and mental wellbeing of children depends on their participation in physical activity. Due to their increased physical activity levels, in addition to their needs for growth, development, and wellness, adolescents who participate in sports have significant nutritional needs. Because this population doesn't receive adequate nutritional guidance, their health and nutritional status may be jeopardized. Misinformation about wholesome foods spread by the media to school-age children can also be quite dangerous. The goal of this review paper is to represent the nutritional requirements of adolescents playing various games, as well as to educate and empower adolescents about the value of nutrition during physical activity (PA) or game play. Fluids that deliver nutrients require the right fueling and recovery, and this review paper will demonstrate how adolescents' nutritional needs vary depending on the game they are playing. Sports performance benefits greatly from proper nutrition. There must be access to proper nutrition before, during, and after sport. According to Greany and Jeukendrup, optimum nutrition ensures the finest foundation for performance in any sport from fueling through recovery. The meals consumed before and after training are the most crucial for nutrition, but we should actually be extremely careful with everything an athlete puts into his body. Athletes should generally consume a meal that is heavy in carbs, low in fat, and moderate to low in protein two hours prior to any workout. The primary energy source that an athlete uses to power their activity regimen is carbohydrate. Participating in endurance sports calls for the best nutrition, with a special emphasis on dietary adjustments. The cornerstone for leading an active lifestyle, preventing possible overweight, minimizing motor inadequacies, and ultimately raising overall quality of life is thought to be targeted fitness development at a young age, particularly in adolescence. For athletes, nutrition is extremely important, and balance is the key to achieving the best sports diet in relation to peak performance and good health. In order to meet their energy needs during practice, competition, and recovery, athletes must fuel their bodies with the proper nutritional foods. There is a higher risk of performance problems and health problems if these nutritional needs are not met. It is ethical, safe, and effective to use nutritional supplements in accordance with recommended dosages. Despite the fact that hundreds of studies have demonstrated the effectiveness of creatine monohydrate supplementation in enhancing anaerobic capacity strength and lean body

