

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : **Home Science**

Department : **Food Service Management and Dietetics**

Branch/ Area: : **Sports Nutrition**

Sub Subject Heading: :

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Title of the thesis : **Health status and the impact of pregame sports
supplements on the performance capabilities of
sports persons and athletes**

(i) In Roman Script
(ii) In roman Script

Nomenclature of Degree: : **Ph.D**

Month & Year of Enrolment: :

Month & Year of Registration: : **March 2011**

Month &Year of Submission: : **March 2016**

Month &Year of Award : **January 2016**

Name of Supervisor : **Dr.G.Vasanthamani**

Designation of Supervisor : **Professor and Head(Retired)**

**Centre/department/school in
which research was conducted** : **Food Service Management and Dietetics**

University's Name & Address : **Avinashilingam Institute for Home Science and
Higher Education for Women, Coimbatore.**

Abstract within 300 words:

The present research on, “Health status and impact of pregame sports supplements on the performance capabilities of sports persons and athletes” was conducted at Chennai to assess the health status of athletes and to develop an energy and protein rich low cost pregame supplements. Background details were gathered from 530 female athletes in the age of 18 to 24 years. Pregame sports supplements formulated were organoleptically evaluated. Pregame sports supplements, nutri drink and nutri bar which had scored the higher acceptance values were chosen for supplementation. The efficacy of the developed sports supplements were assessed by evaluating performance capability tests before and after supplementation. The supplementation process continued for a period of 90 days. At the end of 90th day when the supplementation was over, all the tests namely anthropometric measurements, performance capability tests, biochemical estimation and body composition were assessed again. The pre and post values were compared and the difference was statistically analysed. From the foregoing results it was evident that the nutridrink which was developed by a judicious combination of locally available low cost nutritious foods was more efficient in enhancing the endurance capacity, haemoglobin levels and body weight of the selected athletes. Hence, a continuous and regular intake of nutridrink will be efficient in optimising the athletic performance. Supplementation of nutridrink as pregame intervention for athletes would enhance the performance in the sports and games.

i) Major objectives :

- Study the socio-economic and athletic profile of the selected athletes.
- Assess the nutritional status of the selected athletes.
- Determine the performance capabilities of the selected athletes.
- Formulate and standardize pregame nutrition supplements and assess their acceptability.
- Evaluate the efficacy of pregame nutrition supplements formulated.

Hypothesis: Does the pregame sports supplements have impact on the performance capabilities of sports persons and athletes or not.

- ii) **Methodology** : The methodology adopted comprised of five phases. Collection of data on socio- economic and athletic profile of the selected athletes. Secondly assessment of the nutritional status of the selected athletes. Thirdly measurement of performance capabilities of the selected athletes. Fourthly measurement of performance capabilities of the selected athletes and Fifthly measurement of performance capabilities of the selected athletes.

- iii) **Findings**: Nutridrink, developed by a judicious combination of locally available low cost nutritious foods was more efficient in enhancing the endurance capacity, haemoglobin levels and muscle mass of the selected athletes at one per cent significance. Regular intake of nutridrink will be efficient in optimising the athletic performance which would in the long run benefit the athletes and aid in bringing laurels to the country in national and international games.

Examiners

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