The Center for Human Nutrition

International Center for Sports Nutrition
Nutrition and Physical Performance

Very likely one of the oldest practiced sub-specialties of nutrition
Vitamin Supplementation

- Has been of interest to athletes since the 1930s
1939 Tour de France

Cyclists, at the front of the pack, reportedly performed better after taking vitamin supplements
Who is an athlete?
Little League to Professional
Progression of Sport

- Professional - highly skilled participants
- Athletic - margin of excellence in performance
- Recreational - sport activity for fitness & fun
- Educational - includes teaching sport skills, etc.
Olympic Athletes
Athletes participating in Olympic Sanctioned Competitions
American Athletes Participating in the 2000 Olympic Summer Games

- 602 team members

- data collected on 592
Of the Athletes Who Reported Taking Dietary Supplements

- 45% were female
- 55% were male
Multi-vitamin/minerals are the most commonly taken dietary supplement
69 Athletes - 1982

- vitamins/minerals 92%
- vitamins 38%
- minerals 20%
- multinutrient liquid/powder 10%
- protein 6%
- injectable B complex 4%
- yeast 2%
Reasons given by high school athletes

- Growth
- Preventing illness
- Treating illness
- Performance
- Weakness
- Muscle development
Reasons given by college athletes (top 7)

Males
- improve athletic performance
- build muscle
- recommended by family or friend
- feel better/increased energy
- recommended by coach or trainer
- prevent disease
- recommended by nutritionist or dietitian

Females
- recommended by family member or friend
- prevent disease
- recommended by coach or trainer
- recommended by nutritionist or dietitian
- recommended by physician or pharmacist
- inadequate diet
- improve athletic performance
Training and Dietary Rituals
NFL Football

- high school 971,000
- college 54,000
- scouted by NFL 6,000
- invited to combine 340
- will play 4 or more seasons 150

(1999)
The Future
Performance-Enhancing Products
Weekend Warriors and
Recreational Athletes
Research Limitations

- which sport and which measures
- degree of change needed for effect
- responders and non-responders
- what level of athletic accomplishment