

Impact of Nutrition Intervention Programme on Performance of High School Kabaddi Players

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ABSTRACT The present study was undertaken to study the impact of nutrition education and carbohydrate supplementation on performance of high school kabaddi players of Dharwad, Karnataka. Players were divided in to two groups as control and experimental. Both the groups were assessed for physical measurements, physical performance, nutrient intake and nutrition knowledge, practice before the intervention. Experimental group received nutrition education for 12 contact hours. Later they were supplemented with carbohydrate rich snack (Carbohydrate –72gm) three days before the final match. On the day of competition experimental group received a carbohydrate (6.75%) electrolyte beverage before, during and after the competition. Physical performance was evaluated using AAHPERD physical fitness test. Real match was arranged between control and experimental group to evaluate the field performance. The findings of impact of nutrition education revealed that overall nutrition knowledge level increased significantly by 35% where as practice was improved only 13%. The knowledge improvement was better than practice. Carbohydrate intake after the nutrition education was 70%. This was further improved due to carbohydrate supplementation to 73%, which was significantly more than control group. The physical performance results revealed significant improvement in the selected fitness tests like strength by 12 cm, agility by 1.5 sec, endurance by 432 mts. There was significant improvement in the game performance as evaluated by coaches in experimental group (7.6) and in control group (4.2) and experimental group had won the match. Self-evaluation of performance by players showed intervention program was useful for their sports performance.