

The Comparison of the Nutritional Status of Soccer and Futsal Players

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This study was conducted to compare the nutritional status of soccer and futsal players. This study was carried out in a futsal and a soccer club in Ankara who competed at the top of their league during the 2017-2018 seasons. 14 players from futsal club and 14 players from soccer club participated in the study. In order to assess participants' nutritional status, 3-day food consumption and physical activity records were taken on training day, match day and non-training day. Within the same week, fat mass, body mass, percentage of body fat were measured by anthropometric measurements. The mean age of the soccer players is 26.0 ± 4.00 years and the mean age of futsal players is 24.5 ± 4.60 years. The frequency of using nutritional ergogenic aids was found to be 42.9% in soccer players. Nevertheless, none of the futsal players used nutritional ergogenic aids. The mean energy intake of futsal players (3278.6 ± 449.68 kcal) was higher than soccer players (2863.7 ± 190.31 kcal) ($p < 0.05$). There were statistically significant differences between the groups in terms of CHO (%TE), protein (%TE), vegetable protein, animal protein, fat (g), fat (%TE), fiber, vitamin E, tiamin, riboflavin, niasin, vitamin C, vitamin B6, calcium, magnesium, iron and zinc ($p < 0.05$). As a result; there were statistically significant differences between the soccer and futsal players according to nutrition status.

Biography:

Dr. Beril Köse graduated from Baskent University, Nutrition and Dietetic Department at 2009. She obtained Master degree in Hacettepe University at 2013 and PhD degree in Baskent University at 2017 on subject is "Evaluation of Body Composition, Nutrition and Hydration Situations of the Soccer Players in Different Leagues during the Season". She has been working at Baskent University as an assistant professor. Her interests are advanced nutrition and sports nutrition. Moreover, she is a nutrition consultant for "Gençlerbirliği Sports Club" since 2013. In university, she has been teaching "Sports Nutrition" for 6season. My PhD thesis'