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**ABSTRACT**

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Davetli Konuşmacılar / Invited Speakers

	
<p><b>Prof. Dr. Dana BADAU</b> - (Tirgu Mures Üniversitesi Öğretim Üyesi, ROMANYA) <b>Konuşma Başlığı:</b> "<i>Trends of Assessment in Physical Education</i>"</p>	<p><b>Assoc. Prof. Dr. Simona Pajaujiene</b>- ( Lithuanian Sports University,LITHUANIAN) <b>Konuşma Başlığı:</b> "<i>Fighting Obesity: Humanistic Approach</i>"</p>
	
<p><b>Prof. Dr. Mariia Paska</b> - Lviv State University of Physical Culture named after Ivan Boberskyj, Lviv, Ukraine <b>Konuşma Başlığı:</b> "<i>NUTRITION FEATURES BASED ON THE DIFFERENT SPORTS' SPECIFICS</i>"</p>	<p><b>Prof. Dr. Mitat KOZ</b>- (Ankara Üniversitesi Spor Bilimleri Fakültesi, TÜRKİYE) <b>Konuşma Başlığı:</b> "<i>Strategies to Improve Metabolic Health: Role of Exercise and Diet</i>"</p>
	
<p><b>Nagif HAMZAYEV</b>- (Azerbaycan Milletvekili, AZERBAYCAN) <b>Konuşma Başlığı:</b> "<i>Azerbaycan'ın Dünya Sporuna Katkısı ve Entegrasyon Süreci</i>"</p>	<p><b>Prof. Dr. Fadil Mamuti</b>- (University of Tetova, Vice Dean for Science Faculty of Pysical Education) <b>Konuşma Başlığı:</b> "<i>The impact of the Bologna process and the globalization on higher education in the Western Balkans: Reforms and Challenges</i>"</p>



## NUTRITION FEATURES BASED ON THE DIFFERENT SPORTS' SPECIFICS

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### **Abstract,**

By analyzing the load on the athlete's body during competitions and training, we can spot certain differences between athlete's and ordinary person's bodies. In addition, when playing sports, all processes, including metabolic process, are more intense, therefore the body needs more energy and nutrients. On the other hand, too much calories can result in the decrease of training effects and, consequently, a failure in competitions.

The purpose of the work is to form the main principles of athletes' rational nutrition basing on the different sports' specifics, which will provide the best results both in training and during competitions.

Qualities such as speed and strength are closely related to the development of athlete's muscle mass. Protein synthesis is essential for muscle function.

Scientists have developed recommendations for muscle mass increase. Nutrition features based on the different sports' specifics include: the body's need for energy should be covered mainly by foods of carbohydrate nature, taking into account energy consumption; food should contain an increased number of proteins that are easily absorbed by the body, mainly of animal origin (meat, fish, milk, eggs); the frequency of meals consumption should be at least 5 times a day. Athletes who do weights should consume 2-2.4 g of protein per 1 kg of body weight per day and this food should enter the body in small doses 5-6 times a day. It has been proven that switching from the usual three to five meals in two to three weeks can increase sports effect by 7-10%.

Thus, the nutrition features based on the different sports' specifics provide a balanced diet with sufficient protein, fat and carbohydrates for athletes, according to their weight and calories burned during training.

**Key Words:** food, energy consumption, sport, traini



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