



Title : Assessment of dietary intake, fitness level and incidence of injuries in amateur male cricketers aged 18-23 years in Mumbai. Nishat, Khan

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Introduction:

Cricket is a dynamic sport involving many abstract skills and movements. Players ensure that they train longer and harder in order to enhance these skills. The longer the duration more stress on the muscles and ligaments, making them more likely to injuries. 1 Studies of cricket injuries show incidences ranging from 0.3 to 33.3 per 1000 player-hours, with 28% to 72% of cricketers sustaining 1.6 to 1.9 injuries per session. 2 There is dearth of research on the role of nutrition in enhancement of performance and prevention of injuries in Indian Cricketers. 1,2,3

Methodology:

Nutritional assessment of 33 amateur male cricketers aged 18-23 years was carried out using a 3-day diet recall, food frequency questionnaire and knowledge attitude practice questionnaire. Anthropometric assessment was carried out with the help of Lange skinfold calipers and Omron Karada scan body composition monitor - hbf-375. Fitness assessment was carried out using a list of tests which measured the player's strength, flexibility, muscular endurance, speed and balance.

Result:

The average total daily calorie intake of the male cricketers was reported to be 1954 kcal \pm 431 kcal which was much lower compared to the RDA for moderately active adults (2730 kcal) as well as RDA for team sports (4500 kcal). In spite of low caloric intake the players reported of consuming 3.65 liters \pm 1.42 liters of water daily. 70% of the players reported of consuming 1 glass of milk daily. Intake of calcium was reported to be higher than the RDA ($p < 0.005$) which was reflected in the daily milk consumption by the cricketers. Though the players had knowledge regarding best sources of carbohydrate and protein, only 18% of the players were aware about type of carbohydrate beneficial before and after a competition. This may be due to lack of knowledge and awareness regarding proper diet among the players.

The players reported of having poor strength and muscular endurance but had good flexibility. 54% of the players reported suffering from at least 1 injury in the past 2 years. 24% of the players reported of having suffered upper body injury, 18% of the players had suffered lower body injury and 12% of the players had suffered both upper body and lower body injury in the past 2 years. Though the incidence of injury was high in the present study no significant association was reported between incidences of injuries with dietary habits and fitness level of the players. Present study shows an incidence of 0.94 injuries per 1920 player-hours.

Conclusion:

The present study does not show significant association between incidence of injuries with dietary habits and fitness level of male cricketers aged 18-23 years. However, the findings suggest poor dietary intake and an incidence of 0.94 injuries per 1920 player-hours. Further studies are warranted to establish correlation between injuries and specific nutrient intake.

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