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### Sports nutrition: A perspective

Sports nutrition has been getting paramount importance with respect to elite sportspersons training and competition. Sports nutrition is extensively used to protect the health of elite sports persons as the high intensity sports training and competition are highly oxidative and inflammatory in nature. Even for the protection of metabolic status and to get appropriate performances also sports nutrition seems highly helpful. Nutritional supplementation seems to be another area of sports nutrition which may be highly helpful in the elite sportspersons training and securing elite performances in competitions. Also the toxic effects of hyper nutrition like megavitamin doses cannot be undermined in the domains of the training and performances of elite sportspersons. Even the nutrition may show impact on the proprioception and orientation abilities of sportspersons thereby bringing changes in the motor skills. The effect nutrition on the brain derived neurotropic factor and its signaling in terms of brain metabolism also gets apt importance in sports nutrition. Hence, sports nutrition is also very important domain of the elite sportspersons' training as well with respect to their elite performances and this aspect needs to be properly implemented into the training schedules of elite sportspersons to derive appropriate health protection, performance protection and for super compensation purposes.

### Biography

Rajasekhar Kali Venkata is a Doctorate in Physical Education and Sports with expertise in exercise physiology and allied aspects. He possesses extensive research experience in the areas of health of elite athletes, effect of ultra-endurance sports on the health of both elite and recreational sportspersons, elite sports performances and has published several articles in international journals covering the areas of exercise metabolism, exercise endocrinology, exercise nutrition and sports medicine. He is also a Member of the prestigious European College of Sports Sciences, apart from being the Review Board Member for *Athens Journal of Sports* and for various lifestyle and sports performances journals of common ground research networks of Illinois University Research Park. He has accumulated more than 20 years of teaching and research in the areas of sports sciences and other inter disciplinary areas. Presently he works as the Director of Physical Education and Sports in University of Hyderabad, India.

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