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Efficacy, safety and complexity of sports nutrition: Reference to the ultra-endurance athletes and upper respiratory tract infections

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High intensity sustained aerobic activities like marathon running, ultra-endurance cycling, triathlon, etc. may interfere with the functionality of systems like respiratory, hormonal causing debilities among the elite as well as the recreational sportspersons alike, due to the severe oxidative and inflammatory mechanisms that may be triggered by the high intensity sustained aerobic physical activities. Effective neutralization of these negative mechanisms may be achieved through proper scientific training programs and also through the proper sports nutrition programs. But, the development of science of sports nutrition has also brought certain challenges to the sportspersons in choosing the right kind of nutrients both for maintenance of the high intensity training programs and also to compete successfully in high intensity endurance activities. Efficacy, safety and complexity are three important elements which are highly essential ingredients of sports nutrition programs of both elite and recreational sportspersons.

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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