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Nutrition

MODE AND FOOD HABITS OF ATHLETES OF KAZAKHSTAN

Yerzhanova, Y.¹, Sabyrbek, Z.¹, Dilmachambetov, E.¹, Madiyeva, G.¹, Milasius, K.²

¹Al-Farabi Kazakh National University (Almaty, Kazakhstan), ²Vytautas Magnus University (Kaunas, Lithuania)

Introduction: The organization of rational nutrition of athletes implies the existence of a certain regime, including the distribution of meals throughout the day, the number of meals and must be strictly coordinated with the training process (Czaja et al., 2008). Therefore, although the flow of scientific information about nutrition is sufficiently large, the athletes do not have the right information about nutrition (Nowacka et al., 2016). The aim of the study was to evaluate the mode and the eating habits of some sports athletes as well as to find out the sources of received knowledge about nutrition athletes. **Methods:** In the evaluation of actual nutrition 60 participants took part, including 15 volleyball players, 15 judo wrestlers, 15 wrestlers of the club team and 15 triathletes of the national team. To study data on the regime and eating habits, a valid questionnaire was used, directly interviewing each researcher. The statistical analysis of the survey data was carried out, the percentage distribution of responses on the questionnaire was calculated. For the analysis of categorical data χ^2 test (chi-square) have been applied. **Results:** The results of the study have shown that Kazakhstan sportsmen diet is not optimal, not enough of the studied athletes eat 4 or more times a day. 22.7% of the respondents are snacking not enough - only once per day, and 11.7% of the respondents do not snack at all. More than half of the subjects (52%) regularly eats every day at the same time, while 48% - not always eat regularly. **Discussion:** Many authors investigating diet believe that athletes should eat 4-5 times at the same time (Dunn et al., 2007). According to our study, only 10% of respondents eat 4-5 times a day. Along with the basic eating habits it is important for athletes to snack throughout the day. As the authors point out (Rossi et al., 2009), the amount of snacking should be 2-3 times a day. These recommendations are followed by 59% of the athletes we surveyed. According to our research, 36.7% Kazakhstan athletes had a basic knowledge of nutrition is obtained from the coach. On the other hand, the results of some researchers show that the level of knowledge of coaches about nutrition is not sufficient (Torres-McGehee, 2012), and information sources (TV, radio programs, popular literature, friends, family members) do not always provide qualified nutrition information to athletes. **References:** Czaja J, Lebedzińska A, Szefer P. (2008). *Rocz Panstw Zaklad Hig*, 59(1), 67-74. Dunn D, Turner LW, Denny G. (2007) *Sport J*, 10(4), 45-53. Nowacka E et al. (2016), *Sci & Sports*, 31(4), 79. Rossi L et al. (2009). *Brazil J of Biochem*, 3(2), 159-166. Torres-McGehee TM, et al. (2012). *J of Athletic Training*, 47(2), 205-211.

INFLUENCE OF ACUTE CONSUMPTION OF CHOCOLATE ON ARTERIAL BLOOD PRESSURE

Starcevic, I.¹, Janjic, N.¹, Karan, V.², Veskov, M.¹, Barak, O.², Klasnja, A.²

¹University of Novi Sad, Faculty of Medicine (Novi Sad, Serbia), ²University of Novi Sad, Faculty of Medicine, Department of Physiology (Novi Sad, Serbia)

Introduction: High blood pressure is a well-known risk factor for cardiovascular diseases. Many studies are designed in order to find nonpharmacological treatment options which could reduce blood pressure