

Impact of Carbohydrate Supplementation on Physical and Field Performance of High School Female *Kho-kho* Players

Renuka Meti, Apparao G. Bujurke¹ and G. Saraswathi

*Department of Studies in Food Science and Nutrition, Manasagangotri,
University of Mysore, Mysore, Karnataka, India*

E-mail: renukabujurke@rediffmail.com; g_saraswati@yahoo.com

*¹ Department of Sports, SDM Engineering and Technology College, Dharwad,
Karnataka, India*

E-mail: g_saraswati@yahoo.com

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ABSTRACT The present study was undertaken to study the impact of carbohydrate supplementation on physical and field performance of female high school *Kho-kho* players of Dharwad city, Karnataka, India. Players were divided into two groups as control and experimental. Both the groups were assessed for physical measurements, physical performance, nutrient intake before and during the supplementation. Experimental group supplemented with carbohydrate rich snack (Carbohydrate -72gm) three days before the final match. On the day of competition, experimental group received a carbohydrate (6.75%) electrolyte beverage before, during and after the competition. The physical performance results revealed significant improvement in the selected fitness tests like strength by 9.6 cm, agility by 1.2 sec, and endurance by 338 mts. There was significant improvement in the game performance. From the research findings it is evident that carbohydrate supplementation can be beneficial to activities like intermittent high intensity exercise similar to that of team sports.