

EDUCATE ON NUTRITION? ELEVATE IN PERFORMANCE

DR. IGNACIO ESCRIBANO OTT
Sport nutritionists

Nutrition is pivotal in optimizing both performance and recovery for basketball players. Yet, it is common to observe suboptimal nutritional behaviors among athletes, often shaped by ingrained habits and the level of individual nutritional knowledge. Therefore, it is critical to provide targeted nutrition education to correct these behaviors and enhance performance. This approach not only addresses the immediate dietary missteps but also elevates overall athlete health and game-day readiness.

Focus on Hydration Management

Hydration strategies are essential to minimize the direct impact of dehydration on fatigue during basketball activities. Achieving a proper balance between fluid losses and exogenous fluid replacement is crucial for maintaining peak physical condition and preventing the onset of fatigue.

Focus on Ergon utritional Tactics

A profound lack of understanding about the benefits and proper use of sports supplements is evident among basketball players. This knowledge gap exposes players to potential health risks and professional pitfalls, such as the inadvertent use of banned substances, and makes them susceptible to misleading marketing by supplement brands.

Focus on Body Composition Management

Inadequate sports nutritional knowledge significantly compromises athletes' body composition, leading to poor nutrient intake and mismanagement of energy balance. Without a clear understanding of how to customize diets to meet individual needs and the timing of nutrient intake, athletes may suffer from suboptimal body composition, such as excess fat or inadequate muscle mass. This not only diminishes performance but also increases the risk of injuries and negatively affects psychological well-being. It highlights the

critical need for robust nutrition education to enhance athletic performance and overall health.

The lack of proper nutrition understanding, and its application can significantly compromise both player performance and overall health. Therefore, it is crucial that all stakeholders surrounding the basketball players – including coaches, trainers, and medical staff – are well-informed about nutrition. This collective awareness will contribute to the development and enhancement of the players' sports nutrition knowledge, ultimately supporting their peak performance and wellbeing.