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NUTRITION FOR TEAM SPORTS: CRITICAL REVIEW OF THE LITERATURE

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Abstract The aim of this review is to examine the effect of nutrition on team sport performance. As in continuous exercise, fatigue during prolonged intermittent muscular effort in cold and thermoneutral environments is related to the depletion or the lowering of muscle glycogen. When exercise is performed in a warm environment, dehydration and hyperthermia are the main causes of fatigue. A high carbohydrate diet before exercise as well as during recovery may positively affect performance in the subsequent trial. Fluid and carbohydrate consumption during exercise may also delay fatigue. Sports drinks with water and carbohydrates may also delay the decline in technical skills observed in team sport players when no such drinks are consumed during exercise. Similarly, water intake during exercise may positively affect technical skills and exercise performance during intermittent exercise compared with the dehydration condition.

Key words: Carbohydrate, Dehydration, Fluid Replacement, Sports Performance, Team Sports.

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