

Sports Nutrition and Ortho Congress

December 08-09, 2016 | Philadelphia, USA



Timothy M Dornemann

Barton College, USA

Best practices in nutritional supplementation and ergogenic aids: A scientific review

Statement of the Problem: The global market for nutritional supplements and ergogenic aids is expected to exceed 8 billion dollars by 2020. The sport supplement industry is driven by marketing, and the average consumers are unaware of which products are truly beneficial and which are not.

Methodology & Theoretical Orientation: As the leading organization in the field of sports nutrition, the International Society of Sports Nutrition (ISSN) has gathered and reviewed the scientific body of literature available and issued key position statements. In particular, the ISSN position statements on protein and exercise, nutrient timing, and exercise and sport nutrition review: research and recommendations serve as guides for best practices in the industry. The information provided in these statements provides a critical view on what supplements have been scientifically shown to be beneficial for use by athletes.

Conclusion & Significance: In the field of nutrition, research is constantly evolving and shaping our views. At the time that ISSN issued these positions stands the “apparently effective” supplements and ergogenic aids included vitamins and minerals, carbohydrates, protein, electrolytes, creatine monohydrate, water, caffeine, sodium phosphate, and sodium bicarbonate.

Biography

Timothy M Dornemann is an Assistant Professor in the Exercise Science Program at Barton College. He is currently the Director of Sports performance, where he oversees the strength and conditioning of 21 athletic teams. His research interests include exploring use of vibration training and rotary inertial training for athletic development. He has two books published by Linus Publishing: “*PowerRev Four Laws of Victory Character Development Program: Build Successful Teams and Athletes by Teaching Lessons That Transcend Sports*” and “*PowerRev Youth Athletic Development Program: Building Champions in Sports and in Life*”. He also serves as a Member of the United States Sports Academy’s National Faculty.

tdornemann@barton.edu

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