

Analysis of Football Players' Body Composition and Nutritional Knowledge Based on Age

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Abstract

Sport psychology is a specialty that employs psychological knowledge and abilities to solve difficulties related to athletes' optimal performance and wellbeing, the social and developmental elements of participating in sports, and systemic problems with sports environments and organisations. A doctorate in one of the major branches of psychology and licence as a psychologist are prerequisites for the APA to recognise sport psychology as a skill. Those who hold a doctorate in sport psychology but are not registered psychologists are not considered to possess this ability.

Keywords: Athlete's mental health • Athlete's well-being • Blue exercise

Introduction

Highly processed foods may be linked to "food addiction" and thus considered "addictive," as they share characteristics with illicit drugs. Indeed, because of the high concentrated doses and the rapid rate at which refined carbohydrates are absorbed into the system, highly processed foods high in sugar content are linked to addictive-like eating behaviour. Food addiction is similar to psychoactive drug addiction, according to a growing body of neurochemical and genetic evidence. Sugar and sweet rewards, according to some recent experimental research in laboratory rats, can be even more addictive than traditional substances of dependence and abuse, such as cocaine.

Literature Review

In discrete trials procedures, rats given the option of choosing between cocaine and sweet fluids show a strong preference for the non-drug re enforcer. Furthermore, food contains both homeostatic and hedonic components, making it a potent, natural, conditioning stimulus to the brain's reward pathways. However, there is a wide range of overeating, from casual overindulgences to pathological drives to consume palatable food. In either case, the resulting addictive appetite behaviour (up to bingeing) may be linked to the current obesity pandemic, with obesity being reinforced by this surge of palatable reward.

Discussion

A systematic literature search was conducted in the Cochrane Library and MEDLINE databases for studies published in English that combined the terms "sugar addiction", "food craving", "exercise therapy", "training", "physical fitness", "physical activity", "rehabilitation and aerobic". We looked

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at the references in original articles and reviews. The study was searched both electronically and by following up on references cited in relevant papers. The first electronic database search produced 1.284 hits. Three additional studies were discovered through other sources. Following the initial screening, 788 studies were excluded: 311 were duplicates, 473 were on other subjects, and 4 were case reports [1-6].

Conclusion

Sports analytics is another field where behaviour analysis has a lot of potential. With ongoing technology development, measuring athlete behaviour has gotten more accurate. Sports analytics solutions could incorporate behaviour analysts to help with the design of efficient measuring techniques, assist with intervention when appropriate, and monitor development over time. The application of contextual behaviour science to enhance athletic performance constitutes a third area of study that requires further future focus. Although techniques like sensory equivalence have shown effective as effective teaching methods, they have not been used to teach sports-related behaviours. Although they haven't been thoroughly studied, acceptance- and mindfulness-based techniques have shown promise as therapies for improving sports performance.

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Conflicts of Interest

None.

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