



Report on Pre-workshop session "Nutritional Assessment of Athletes: The ABCD Approach"

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A pre-workshop session titled "*Nutritional Assessment of Young Women Athletes: The ABCD Approach*" was held on September 25, 2024, as a collaborative initiative between the Department of Food and Nutritional Sciences and the Assistant Director of Physical Education at Sri Sathya Sai Institute of Higher Learning, Anantapur Campus. The session aimed to tackle the nutritional challenges of young female athletes and saw participation from over 100 female athletes. Of these, 30 were from SSSIHL, while the others represented institutions such as Jawaharlal Nehru Technological University (JNTU) and KSN Government College for Women. The athletes were accompanied by their coaches and physical directors.

The session commenced with students chanting the invocatory Veda. The welcome address by **Dr. Tapasya Anand** highlighted the urgent need to focus on nutrition for female athletes. **Dr. A. Sumana** set the tone for the session, discussing the unique nutritional needs and challenges of young female athletes and introducing the ABCD framework for assessing their nutritional status. She emphasized that a comprehensive assessment is vital for optimizing performance and supporting long-term health. Following this, a short video presentation illustrated the critical role of nutrition and ergogenic aids in enhancing athletic performance, emphasizing their importance for energy and nutrient supply during training, competition, and recovery.

Mrs. Karanam Hemalatha and Dr. Tapasya Anand led the next session on assessing the nutritional status of university-level female team players. Key assessment measurements included: Anthropometric assessment: Physical dimensions such as height, weight, and body composition were measured to identify growth patterns and nutritional status, crucial for young female athletes; Biochemical assessment: The data on various laboratory tests helps to modify diets to address common deficiencies in young women, particularly iron and calcium. Hemoglobin levels were specifically evaluated during the pre-workshop session; Clinical assessment: Physical examinations helped identify clinical signs of nutritional deficiencies, such as anemia or hormonal imbalances; Dietary assessment: This evaluated whether athletes met their energy and nutrient needs during critical growth and training phases. Dietary intake was tracked throughout the workshop. Other fitness and flexibility tests conducted on the young athletes included cardiovascular exercises and the shuttle run. Additional fitness tests included cardiovascular exercises and the shuttle run. The session emphasized that the ABCD approach offers a comprehensive framework for assessing young female athletes' nutritional status, with each component being vital for identifying specific needs and customizing interventions.

Young women athletes and their coaches gained valuable insights from the engaging posters which covered key concepts such as carbohydrate loading, continuous glucose monitoring (CGM), the role of proteins and amino acids as fuels, and supplements, and the impact of AI on enhancing performance. Various ergogenic aids for athletes too were showcased.

This workshop was a precursor to the one-day National Workshop on "*Achieving Peak Performance: Evidence-Based Strategies in Sports Nutrition & Fitness*" scheduled for September 27, 2024. The session concluded with Mangala Aarathi to Bhagawan Sri Sathya Sai Baba.