

LIST OF TABLES

TABLE NO.	TITLE	PAGE NO.
2.1	Total ATP production from carbohydrates	17
2.2	Energy requirements for physical activity	24
2.3	Summary of guidelines for daily or habitual carbohydrate intake in athletes	27
2.4	Summary of guidelines for carbohydrate intake before an event	28
2.5	Summary of guidelines for carbohydrate intake during an event or exercise	29
2.6	Daily protein requirements for physical activity	31
2.7	Consequences of Dehydration	44
2.8	Health-related fitness components	55
2.9	Performance- related components of physical fitness	55
3.1	Tools and Techniques (PHASE 1)	82
3.2	Asia Pacific Classification for BMI for Adults	84
3.3	International Diabetes Federation classification for Waist Circumference for South Asians	84
3.4	Cut off values for assessing abdominal obesity by WHR	85
3.5	Scoring chart for Vertical jump test	90
3.6	Scoring chart for Run a three test	91
3.7	Scoring chart for Prone hold test	92
3.8	Scoring for 40 metre sprint test	95
3.9	Scoring chart for Repeated Sprint ability test	96
3.10	Reference interval for CK	102
4.1	Background information of the participants across all the squads (N= 96)	106
4.2	Background information of the participants across all the squads (%)	107
4.3	Background information of the participants' parents across all the squads (%)	108
4.4	Habits of participants across all the squads with respect to addictive substances (%)	109
4.5	Test of Normality	109
4.6	Anthropometric profile of the participants across all the squads (Mean±SD)	110
4.7	Test of Normality	114
4.8	Body composition of the participants from the Ranji boys', U-23 boys', Senior women and U-19 women squads (Mean±SD)	114
4.9	Association between BMR and Body composition indicators across all the squads (n=93)	116
4.10	Test of Normality	119
4.11	Comparison of Energy and Macronutrient Intake in the cricketers from the Ranji squad with the standards	120
4.12	Comparison of Energy and Macronutrient Intake in the cricketers from the Under-23 boys' squad with the standards	121
4.13	Comparison of Energy and Macronutrient Intake in the cricketers from the Senior women's squad with the standards	121
4.14	Comparison of Energy and Macronutrient Intake in the cricketers from the Under-19 women squad with the standards	122
4.15	Micronutrient intake and percent RDA met for micronutrients in the participants	123

	from the Ranji boys, U-23 boys, Senior women and U-19 women squads	
4.16	Mean food group-wise intake of participants from Ranji boys, U-23 boys, Senior women and U-19 women squads	124
4.17	Top ten most frequently consumed (Daily, thrice week, twice a week and weekly) Iron-rich foods in the Ranji boys, U-23 boys, Senior women and U-19 women squad (n,%)	125
4.18	Top ten most frequently consumed (Daily, thrice week, twice a week and weekly) Calcium-rich foods in the Ranji boys, U-23 boys, Senior women and U-19 women squad (n,%)	125
4.19	Test of normality	126
4.20	Haemoglobin status of the participants across all the squads (Mean \pm SD)	126
4.21	Correlation between Hemoglobin and nutrients in the Ranji boys, U-23 boys, Senior women and U-19 women squads(n=63)	128
4.22	Mean protein intake, haemoglobin levels and iron intake based on Eating preferences of the participants from all the squads	129
4.23	Test of Normality	129
4.24	Fitness tests scores of the participants across all the squads (Mean \pm SD)	131
4.25	Correlation of anthropometric parameters, body composition variables and haemoglobin with fitness testscores in the Ranji boys, U-23 boys, Senior women and U-19 women squads	133-134
4.26	Morbidity profile of cricketers in the Ranji boys, U-23 boys, Senior women and U-19 women squads (%)	135
4.27	Injury profile of participants from the Ranji boys, U-23 boys, Senior women and U-19 women squads during the last 2 years from the baseline (%)	136
4.28	Mean Energy and Protein content of protein supplements across all the forms of products	140
4.29	Composition of the drinks per serving	151
4.30	Nutrient content of the drinks per serving	151
4.31	Participants from different squads who participated in the Supplementation phase	152
4.32	Test of Normality	153
4.33	Creatine Kinase levels at Baseline of the participants from Experimental and Placebo group from Ranji boys' squad and Women squad	154
4.34	Baseline CK and Pre-intervention post-workout CK (CK1) levels in the participants from Experimental and Placebo group from Ranji boys' squad and Women's squad	155
4.35	Pre-intervention post-workout CK levels and Post-intervention post-workout CK levels of the participants from Experimental and Placebo groups from Ranji boys' squad and Women squad	156
4.36	Impact of intervention with Cocoa Flavanol rich drink on CK levels of the participants from Experimental and Placebo group from Ranji boys' squad and Women squad	157
4.37	Correlation of baseline CK total levels with BMI, anthropometric parameters and body composition across all squads	158
4.38	Correlation of Pre-intervention post-workout CK levels (CK 1) with BMI, anthropometric parameters, body composition and cricketing experience across all squads	159

4.39	Mean percent baseline nutrition knowledge scores of the participants from Ranji boys, U-23 boys, Senior women and U-19 women squads	162
4.40	Correlation between baseline knowledge scores and age, anthropometric indices and body composition variables and cricketing experience in the participants from Ranji boys and U-23 boys squad (n=54)	164
4.41	Correlation between baseline knowledge scores and age, anthropometric indices and body composition variables in the participants from senior women and U-19 women squads (n=27)	165
4.42	Correlation between baseline knowledge scores and Haemoglobin and Iron intake in all the participants from boys squad (Ranji boys and U-23 boys squad) and women squad (Senior women and U-19 women squad)	166
4.43	Education levels of the participants and baseline knowledge scores	166
4.44	Perception of cricketers regarding the importance of nutrition and sports nutritionist	167
4.45	Practices of the cricketers in terms of consumption of food and fluids before and after a match	168-169
4.46	Percent consumption of supplements and Types of supplements consumed by participants from Ranji boys, U-23 boys, Senior women and U-19 women squads (%)	170
4.47	Knowledge, Attitude and Practices of the participants from Ranji boys, U-23 boys, Senior women and U-19 women squads with regards to supplement use (%)	172
4.48	Foods consumed by the participants from Ranji boys, U-23 boys, Senior women and U-19 women to recover faster from an injury (%)	174
4.49	Normality test of knowledge scores	176
4.50	Impact of the intervention with the Nutrition Education Module on the mean percent knowledge scores of the cricketers from U-23 boys, Senior women and U-19 women squads	176