

## عنوان مقاله:

Needs Assessment and Reasons for Consuming Food Supplements for Body-Building and Weightlifting Athletes in Ardabil Province

## محل انتشار:

فصلنامه پژوهش در مدیریت و بازاریابی ورزشی، دوره 1، شماره 2 (سال: 1400)

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## خلاصه مقاله:

Background: Winter sports tourism is a key economic factor in many The present study is a descriptive study that was conducted as a survey.Methods: In this study, both qualitative and quantitative strategies were used. The statistical population of this study consists of ۳۸۵ athletes in the field of bodybuilding and weightlifting in Ardabil province. The interviewees were selected using targeted sampling with the participation of ۱۱ of the best respondents to the questions to achieve theoretical saturation. Then, using MAXQDA۱۲ software, the data was coded and the code was used for the researcher-made questionnaire. The findings showed that most of the supplements consumed by athletes in the study were ۹۵% protein V-concentrate, V-isole protein, casein protein, egg white protein, soy protein, amino, and branched-chain amino acids. Findings: According to the results, there is a significant difference in the frequency of Creatine supplementation between bodybuilding and weightlifting athletes in Ardabil province and the need for Creatine supplementation in weightlifting athletes is more than bodybuilding athletes ( $P = ۰.۰۰۳$ ). Dari was not observed in the two disciplines ( $P ۰.۵۰.۰۵$ ). P.Conclusion: The data obtained from this study show that the total cost required for dietary supplements required by athletes is ۹۷۳,۴۴۹,۴۰۰ Rials. Supplements increase muscle strength, muscle recovery, antioxidants, reduces fatigue, and burns fat

## کلمات کلیدی:

Bodybuilding, Causes of Consumption, Dietary Supplements, Weightlifting

## لینک ثابت مقاله در پایگاه سیویلیکا:

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