SUMMARY, CONCLUSION AND RECOMMENDATION
CHAPTER V
SUMMARY, CONCLUSION AND RECOMMENDATIONS

SUMMARY

The present study is an attempt to compare the effectiveness of readymade supplements in comparison to the nutrients taken through natural dietary process on anthropometric measurement, body composition and performance of upcoming athletes.

The subjects were thirty male power lifters aging between 18-20 years, of Talwalkars Health Spa, Mumbai, (one of the leading chain of health clubs). The subjects were equally assigned based upon random sampling to three groups, i.e. Normal diet plus readymade supplement (NSD diet group); High fat protein group (HFP diet) and control group (Normal balance diet).

The researcher had prepared three types of dietary regimens one was normal diet plus readymade supplement, available in the market by the name of Muscle Blaster, second was high fat protein diet, containing high proportions of fat and protein than normal proportions, and third was normal balance diet.

The calorific value of each dietary regimen was fixed after assessing the daily calorific expenditure of the subjects. The food intake of the subjects was strictly monitored and every effort was made in following the set dietary regimen for three months.
A three months weight-training schedule was prepared by the researcher taking into account the principle of optimum load and recovery. The major muscle groups of the body were divided into three parts and each part was exercised, twice a week. Intensity in each set was fixed as per the individuals’ capacity to complete the prescribed exercise repetitions of that set.

The data on selected criterion measures [Ponderal index, Crural index, Weight, Upper arm length, Fore arm length, Biacromial length, Chest girth, Upper arm girth, Thigh girth and calf girth, Body Composition and Performance (Bench Press, Squat and Dead lift)] were recorded before and at the end of the experimental period of 12 weeks.

In order to find out the differential effects of the experimental treatments, analysis of variance and covariance (F-ratio) were applied for the three groups with respect to the mean gains in each of the selected criterion measures.

Results of the statistical analysis shows significant F-ratio for Ponderal index (F=7.72), Weight (F=19.48), Biacromial length (F=8.36), Chest girth (F= 6.44), Upper arm girth (F= 5.76), Thigh girth (F= 20.4), Calf girth (F= 29.29), Body composition (F= 4.24), Bench Press (F= 43.83), Squat (F= 16.67), Dead lift (103.32). However insignificant F-ratios were obtained for crural index, upper arm and fore arm lengths. F-ratio required for significance at .05 level of confidence was 3.25.
Further, as the F test showed significant differences among the groups in the above variables, the Post hoc LSD test was applied to find out which of the differences between the means among the groups were statistically more significant. The Post hoc analysis indicated that the NSD diet was more effective in decreasing Ponderal index, increasing Weight, Biacromial length, Chest girth, Upper arm girth, Thigh girth, Calf girth, Bench press, Squat, and Dead lift than HFP diet, and HFP diet was more effective in bringing these changes than normal balance diet among power lifters.
CONCLUSIONS

The detailed and distilled analysis and interpretation of the data has led us to following conclusions:

1. NSD diet was more effective than HFP diet, and HFP diet was more effective than normal balance diet in developing girth measurements (Chest, Upper arm, Thigh, and Calf) of the power lifters.

2. NSD diet was more effective than HFP diet, and HFP diet was more effective than normal balance diet in reducing the Ponderal index of the power lifters.

3. NSD diet was more effective than HFP diet, and HFP diet was more effective than normal balance diet in increasing lean body mass and subsequent weight of the power lifters.

4. NSD diet was more effective than HFP diet, and HFP diet was more effective than normal balance diet in increasing performance on bench press, squat, and dead lift of the power lifters.

5. However, all the three diets along with exercise were unable to create any significant effect on the length of the body segments (crural index, upper arm length, and fore arm length), of the power lifters.
RECOMMENDATIONS

In the light of the results of the study the following recommendations are drawn:

1. As creatine monohydrate along with normal diet has proved to be very effective for the power lifters in this study and also its role being appreciated by other researcher. So it should be considered by the power athletes and their coaches for including it in their dietary programme.

2. A similar study on female power lifters should be done.

3. Effects of creatine monohydrates on athletes of different sports events should also be studied.

4. Effect of this nutritional supplement on athletes of varying age groups should also be studied.

5. Similar study should be done on other nutritional supplement available in the market.

6. Similar study should be done on the possible role of Ayurvedic and Unani food products on sports performance.