Effect of chocolate milk supplementation on sports performance in young badminton players

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21062

Source
Nationaal Trial Register

Brief title
TBA

Health condition

sports performance (cardiorespiratory fitness, anaerobic capacity, handgrip strength, lower body strength)

Sponsors and support

Primary sponsor: Frisian Flag Indonesia
Source(s) of monetary or material Support: Frisian Flag Indonesia

Intervention

Outcome measures

Primary outcome

Cardiorespiratory fitness and anaerobic capacity

Secondary outcome

Handgrip strength and lower body explosive strength

Study description

Background summary

Post-exercise nutrition can be of great importance to replenish lost fluids (water and electrolytes), refill glycogen stores (carbohydrates), a well as stimulating muscle protein synthesis for skeletal muscle adaptations (proteins). Chocolate milk contains carbohydrates and proteins, as well as water and electrolytes. This combination potentially makes chocolate milk an ideal recovery beverage.
Several studies indeed show positive effects of chocolate milk supplementation as a recovery beverage. However, currently there is no study on the effect of chocolate milk on sports performance in Indonesian athletes.
Therefore, this study aims to determine the effect of prolonged chocolate milk supplementation during a training program on sports performance parameters in badminton athletes.

Study objective

Prolonged ingestion of chocolate milk during a training program improves the sports performance parameters in badminton athletes more than control.

Study design

t=0 and t=6wks

Intervention

2x225ml chocolate milk daily for 6 weeks

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

Athletes who conduct training camps at PB Exist, both men and women
Ages 8-14 years old
Having a normal Body Mass Index (BMI)
Willing to take part in a series of researches as evidenced by signing the informed consent goals of the research subjects as well as parents/legal guardian of research subjects.

Exclusion criteria

Athletes who are in a state of injury that is not possible to undergo training and tournament
Athletes who are under physician's care
Has a history of lactose intolerance or cow’s milk allergy
Has a history of heart disease, lung disease and other chronic diseases

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Placebo

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	23-09-2019

Enrollment:	38
Type:	Anticipated

IPD sharing statement

Plan to share IPD: No

Ethics review

Positive opinion

Date:	07-11-2019
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL8139
Other	Universitas Katolik Indonesia Atma Jaya : 1227/III/LPPM-PM.10.05/09/2019

Study results