

# Physical activity and dietary intake in professional soccer players: The ProSoccer study.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Other
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON28079

### Source

Nationaal Trial Register

### Brief title

ProSoccer

### Health condition

nutritional intake, nutritional requirements, energy expenditure, physical activity, body composition

## Sponsors and support

**Primary sponsor:** HAN University of Applied Sciences

**Source(s) of monetary or material Support:** fund = initiator = sponsor

## Intervention

## Outcome measures

### Primary outcome

-Energy expenditure

- Physical activity
- Energy intake, macronutrient and micronutrient intake

### **Secondary outcome**

- Body composition

## **Study description**

### **Background summary**

Although the energy demands and dietary requirements of many endurance sports have been well established, there is little information on the energy demands and physical activity patterns in soccer players. In addition, the dietary intake patterns of soccer players are largely unknown.

In the current study we aim to assess the energy requirements and physical activity patterns in professional soccer players along with their nutritional intake patterns. As such, this study will provide valuable information to optimize the nutritional counseling and sport medical treatment of professional soccer players.

This is a cross-sectional study design with parallel measurements of energy requirements (doubly labelled water), physical activity patterns (accelerometry), and dietary intake (digital 24h recall), and body composition (DXA and anthropometry).

### **Study design**

All data will be collected during a 4-week period.

### **Intervention**

This is a cross-sectional study with parallel measurements of energy requirements (doubly labelled water), physical activity patterns (accelerometry), and dietary intake (digital 24h recall), and body composition (DXA and anthropometry).

## **Contacts**

### **Public**

Jan-Willem van Dijk  
Heyendaalse weg 141  
Nijmegen 6525 AJ  
The Netherlands  
+31 655227849  
**Scientific**

Jan-Willem van Dijk  
Heyendaalse weg 141  
Nijmegen 6525 AJ  
The Netherlands  
+31 655227849

## Eligibility criteria

### Inclusion criteria

- playing in professional soccer team
- age 18-45 yrs

### Exclusion criteria

- current injury or illness that prevents participation in the regular exercise training regimen

## Study design

### Design

Study type: Observational non invasive

Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Other
Start date (anticipated):	24-11-2015
Enrollment:	60
Type:	Unknown

## Ethics review

Positive opinion	
Date:	23-11-2015
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 42726  
Bron: ToetsingOnline  
Titel:

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

No registrations found.

## In other registers

Register	ID
NTR-new	NL5445
NTR-old	NTR5572
CCMO	NL54343.072.15
OMON	NL-OMON42726

## Study results