



International Conference on  
**NUTRITION AND HEALTH CARE**

February 10-11, 2022 | Paris, France

<https://www.nutrition.scientexconference.com/>

✉ nutrition@scientexconferences.com

☎ +1 (346) 3481205

## TITLE: Sports Nutrition and Ergogenic Supplements

**Name:** Büşra AKKAYA

**Affiliation:** Specialist Dietitian - Suleyman Demirel University Sports Sciences Ph.D. Student

**Country:** TÜRKİYE

**Email ID:** dyt.busraakkaya@gmail.com

### ABSTRACT (upto 300 words)

Nutrition, healthy growth and development are essential for every individual in order to maintain life. Nutrition is more important for athletes. For this reason, it is necessary to pay attention to the daily amount of energy that each athlete should take according to his branch. It is necessary that the daily energy taken with nutrition should contain carbohydrates, proteins, fats, vitamins, minerals and water in certain proportions. It is important for the athlete to increase his sportive performance by eating a healthy and balanced diet and to protect him from possible injuries or diseases. Athletes have moves to increase their athletic performance. For this, they benefit from ergogenic supports. In this group, there are additional nutritional support products such as creatine, caffeine, carnitine, glutamin, and BCAA. The use of ergogenic supplements, which are not on WADA's doping list, is increasing. New supplements are constantly being added to nutritional support products on the market. Attention should be paid to the content of nutritional support products used. Experts should be consulted and the time and amount of nutritional support products to be used by experts should be determined. In this way, both the protection of the health of the athlete and the increase in sports performance are provided.

### BIOGRAPHY (upto 200 words)

Büşra AKKAYA, born in 1995, I have a bachelor's degree in nutrition and dietetics. I completed my master's degree in Sports Nutrition at Süleyman Demirel University Faculty of Sports Sciences in Turkey and I am still continuing my doctorate at Süleyman Demirel University Faculty of Sports Sciences. I worked as a dietitian and responsible manager in a food factory for about 2 years. At the same time, I am a referee for the National Refereed Izmir Democracy University, Journal of Health Sciences (Dergipark). I have a publication on the effects of quercetin and resveratrol in international elite adolescent athletes, and a publication in the national journal about the nutritional status of adolescent volleyball players during the match. I attended many seminars and congresses on nutrition and sports. I am continuing my academic career.



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**Presenter Name:** Büşra AKKAYA.

**Mode of Presentation:** Oral/Powerpoint.

**Contact number:** +90 (534) 2229561

