



# NUTRITIONAL DISORDER IN BASKETBALL



The game of basketball is one of the most popular sports in the world, and as such, it succeeds with physical, psychological, technical, tactical and adequate nutrition

The game of basketball requires a large amount of energy from skeletal muscles and the anaerobic energy system due to which it requires proper nutrition



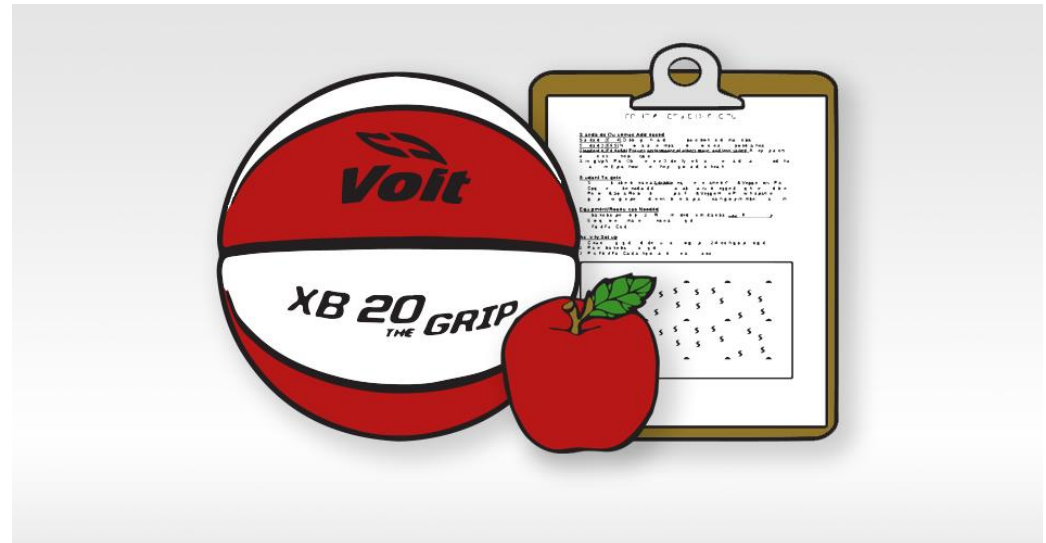
Keywords:



“eating disorders”,  
“basketball players”,  
“eating disorders risks”,  
“risk factor”.



- The term Eating Disorders is a set of unhealthy attitudes and behaviors that are related to body weight that cause dietary restrictions such as anorexia-bulimia to those behaviors that lead to weight loss or maintaining a lean body structure.
- The aim of the research was to determine eating disorders in basketball based on a systematic review of studies that dealt with the nutrition of basketball players.



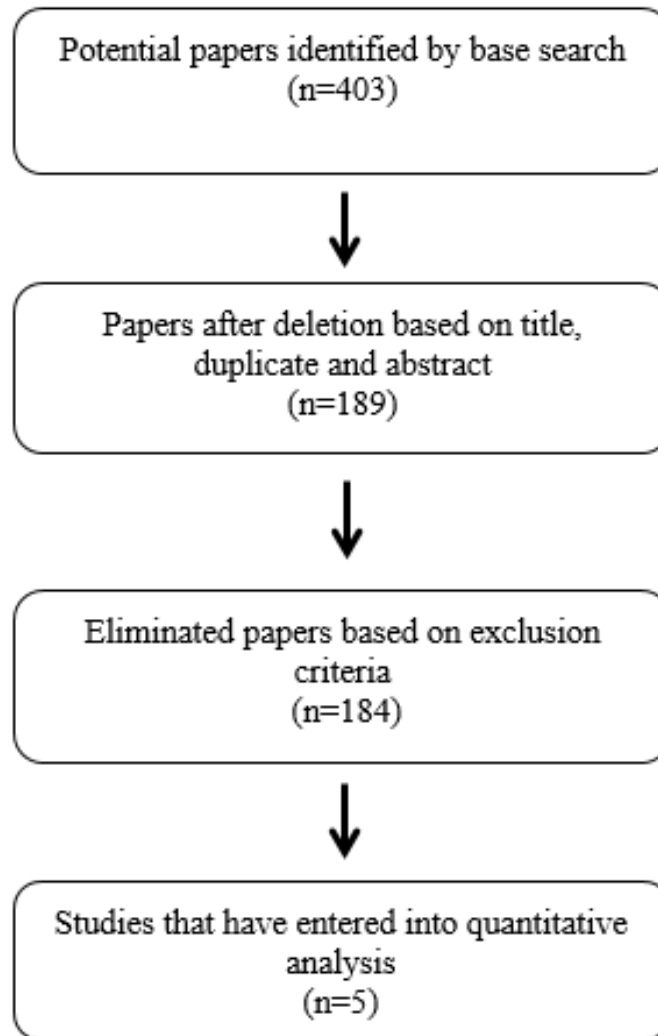
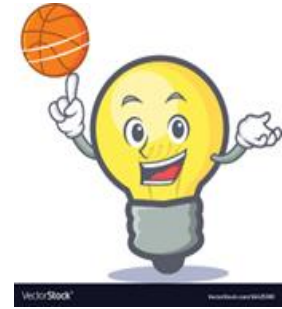


Diagram 1. The course of activities during the search for papers

# RESULTS

Autori	Uzrast	Broj ispitanika	Testovi	Nivo	Poremećaj	Rezultati
Monthuy-Blanc et al. 2010	12-16	Ž-144 43-Košarka-52 - balet 49 -kontrolna	EAT-26	Školska takmičenja	Bulimija	Košarka 23.3 (10)*
Michou et al. 2011	24-25	Ž-154 K-74 CG-80	EAT-26	Internacionalna takmičenja	Bulimija	košarkaša =11%* CG= 15%*
Mavra, 2014	21,9	Ž-153	upitnik	Hrvatska liga	Menstrualni ciklus	One koje imaju bolje prehrabene navike imaju manje menstrualnih nepravilnosti.
Kampouri et al 2019	23-24	Ž- 53- košarka 42- odbojka 34-vaterpol CG=46	EDE-Q	Elitni košarkaši	Bulimija	Košarka= 0.21 CG= 1.02**
Suel et al (2020).		154 Ž-59 m-95	GHS-12	Različita kategorija	Emocije za hranom	Vrsta hrane utiče na distribuciju= .611**



This systematic review provides evidence of eating disorders in basketball.

Based on the analysis and discussion of the papers taken in the systematic research, it can be concluded that general information about nutrition is weak and that basketball is a sport whose eating disorders have not been sufficiently studied, and the most common disorder in women is menstruation and bulimia in men.

Based on the presented results, it can be concluded that physical activities can cause eating disorders, and the results of this research can be used in future research in order to find adequate literature to determine eating disorders in basketball.

**Thank you for attention!**





