



INVITED PRESENTATION: International Fitness Convention

Supplement Use in Sport & Fitness: Controversial or Conventional?

Bird, Stephen P.

Sport and Exercise Science, College of Healthcare Sciences, Division of Tropical Health and Medicine
James Cook University, Cairns, QLD Australia

Email: stephen.bird@jcu.edu.au Twitter: [@StephenBird_PhD](https://twitter.com/StephenBird_PhD)

Abstract:

Ingestion of multi-nutrient supplements aimed at enhancing performance has become common practice as part of athletes and fitness client's regular training and/or competition preparation. Although there is limited information available, global industry analysis market research reported yearly expenditure on nutritional supplements in the United States alone at US\$ 20.7 billion in 2012 and is expected to grow by 9.0% from 2013 to 2019, to reach an estimated value of US\$ 37.7 billion in 2019. Athletes and fitness clients are perceived to be the greatest consumers of supplements as they aim to exploit nutritional ergogenic benefits, such as enhance acute muscular performance, optimise exercise-induced hormonal response, and promote post-exercise recovery. In recent times, supplement use in sport and fitness has been highlighted in the press and media for what has been deemed 'Controversial' practice following the release of the ACC Report on Organised Crime and Drugs in Sport. This led to revelations that professional athletes and fitness clients may be using substances unrelated to therapeutic nutrition such as anti-obesity and anti-ageing drugs. However, are such findings really that surprising given that supplement use is embedded in both professional sport and the fitness world as athletes and clients look to gain the 'competitive edge'? A more 'Conventional' approach to supplementation may be one that follows a therapeutic nutrition model, focusing on the provision of nutrients to maintain and/or restore optimal health and function. In this presentation Dr Bird will provide examples from professional sport and fitness, providing an overview some of the lesser known nutritional supplements.

Reference: Bird, S.P. (2018, April 21). Supplement use in sport and fitness: Controversial or Conventional? Invited paper presented at the International Fitness Convention (FILEX), Sydney, NSW Australia.