

## **INFLUENCE OF THE NUTRITIONAL STATUS BASED ON PHYSIOLOGICAL PARAMETERS OF PHYSICAL PERFORMANCE IN TEENAGER SOCCER PLAYER, ECUADOR**

### **ABSTRACT**

Objective: To determine the influence of nutritional status on physiological parameters of physical performance in teenager soccer players, Ecuador. Materials and methods: a cross-sectional descriptive and cross-sectional study, ex post facto with single group measurement, is presented on 126 under 16 male teenager soccer players in general physical preparation, exploring by means of procedures the body composition valid internationally, the alimentary intake and the expense of energy in around 24 hours, as well as the use of the Cooper and Matsudo tests in order to measure the aerobic and anaerobic lactacid capacity, all of these according to parameters such as VO<sub>2</sub>max and maximal aerobic power. Results: The subjects showed size and body mass of the subjects in respective values of 1,68 (0,05) m and 57,69 (5,94) kg BMI normal weight, small complexion, while fat content is 6.57 (1.03) kg. Muscle mass is 34.26 (4.28) kg bone mass is 14.78 (1.41) kg and residual in 2.09 (0.69) kg, energy expenditure is not compatible with food energy intake, in addition to presenting a VO<sub>2</sub>max of 2.87 (0.52) lt / kg / min and lactate anaerobic potency of 403.11 (42.02). Conclusions: the nutritional status of the athletes under study is not conducive to the deployment of physical performance, it does not even favor the development of resilience, although potentially motor actions of high oxygen are in debt.

### **KEY WORDS**

Nutritional status, physical performance, teenager soccer players, VO2max, anaerobic maximum potency.

