

## **SPORT ACTIVITY FOR STUDENTS**

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**Summary.** *In this paper, I would like to highlight information about sports, and to be more precise, about sports in the gym for students. Everyone has experienced sports at one time or another, at school for sure. For some it was hard, for some it was easy, for others it was contraindicated. However, sport has always been and is, and in my opinion a healthy and fit body is a big plus for any person. Going in for sports, a person is passionate about this process, but not everything comes at once. As in any activity, there are pitfalls in sports, about them a little later. First of all, what a person who starts playing sports should think about is “take your time”, “take everything in small steps”, you can’t eat up for a week ahead (Russian expression meaning that you can’t do something with a long effect).*

**Keywords:** *gym, proper nutrition, results, control.*

### **Introduction**

Every person who starts playing sports in the gym should understand that he will face a number of changes, pitfalls, as mentioned earlier, problems. His daily routine will change, because if he wants to achieve results, he will have to devote enough time to this lesson. In doing something new, you need to feel the full burden of responsibility. The daily routine will change, if we are talking about a student, then you won’t take a walk late, you won’t go to bed late, because the body needs recovery, but you shouldn’t forget about studying. Nutrition will also change, you can’t eat with simple snacks, you need to eat food rich in proteins.

### **Pitfalls**

And now about the pitfalls. The first problem may be misunderstanding, reproaches, bullying by classmates. In this situation, there is nothing to be done, since it is not realistic to retrain other people, it remains only to amaze everyone with your result. Show that they were wrong. Another problem can be tightness in the gym, as there may be people with already good results doing exercises with large weights and in no case should you do what they do, since they have had years of training and their body is already capable of doing this. kind of load. And if you make a mistake, you can become a cripple and sports will be postponed for you forever. Therefore, my advice would be this, to start with something at home, do simple exercises preparing your body for heavy loads, so that when you come to the gym you are not a beginner. When you directly begin to go in for sports for the first week, your whole body will hurt, here the main thing is not to quit everything, deciding that this is not your race, it does not work out. This is the moment when your body is rebuilding and it is important for you to hold on so it will be easier from now on. Starting to see the result, you will have a desire to improve it, and it is then that the very feeling of pleasure from the training will come.

Another problem may be bad habits such as smoking, drinking alcoholic beverages. It is difficult to unlearn these habits, but it is necessary if there is a desire to achieve success in sports.

After surveying 34 students about bad habits we got results demonstrated in Fig. 1 and Fig. 2.

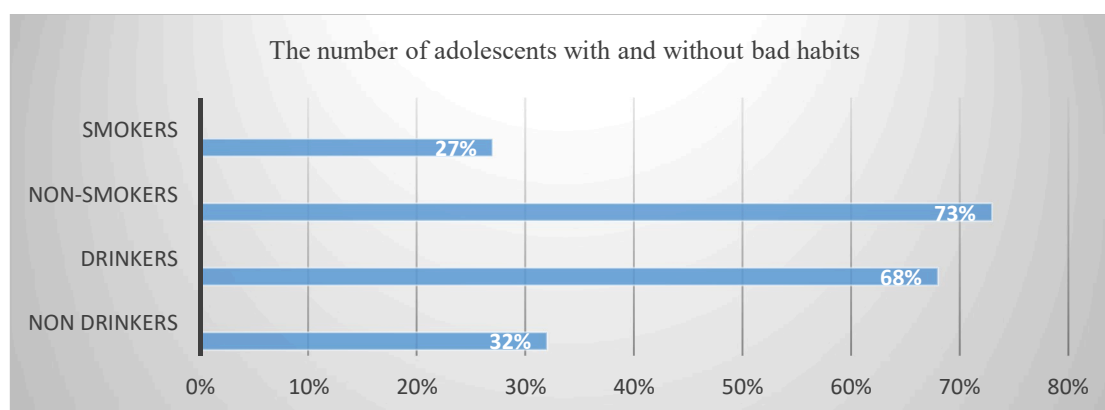


Figure 1. Bad habits

This survey took place anonymously among students, and according to its results, it can be stated that there are more drinkers than smokers, but there are almost two times more people involved in sports without any bad habits.

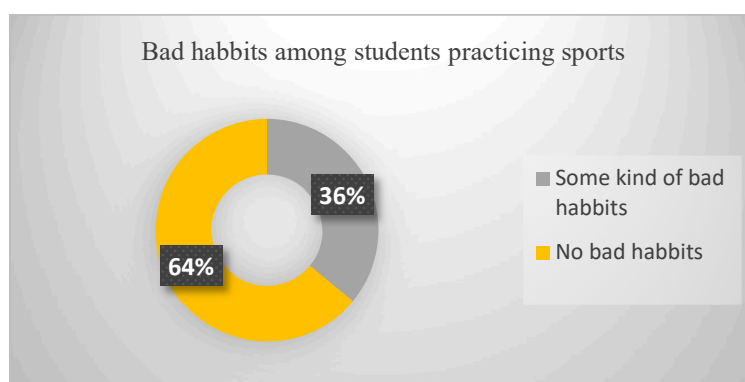


Figure 2. Percentage of given answers

### Proper nutrition

Nutrition plays an important role in the life of any person, much more so for an athlete. Of course, not every student has the opportunity and means to buy expensive food. For an athlete, the most important thing is protein, so dairy products must be on the table of any athlete. As an example, I can offer to drink half a liter of milk or kefir for dinner, each at its discretion, eat at least 200 grams of cottage cheese. It is desirable for an ordinary person to drink from 1.5 to 2 liters of water per day, while an athlete needs 2 or more.

### Vitamins with proper nutrition and sports

Proper nutrition during sports necessarily implies the receipt of a whole complex of all vitamins, nutrients and minerals. Ideally, of course, we should get all this from the diet, but if the season of the year does not allow for a varied diet, then you can always add a multivitamin to your diet. There are many good complexes that contain the necessary nutrients and minerals. First of all, pay attention to the content of such vitamins as A, B, E, C and D. Of the minerals, potassium, calcium, phosphorus, iron, and magnesium must be present.

From nutritional supplements, you can also consider the following options:

- Omega 3. Polyunsaturated fatty acids, which nutritionists definitely recommend to include in your diet during weight loss.
- L-carnitine. This supplement helps to quickly restore strength after a workout, reduces muscle pain and even suppresses hunger.
- Coenzyme Q10. Stimulates energy production and improves metabolic processes. In addition, this substance slows down the aging process.

### **Proper nutrition, dinner after training**

Dinner after a workout is a separate topic for conversation. It's good if you finish your classes not too late and can afford a full dinner, which will definitely include proteins and carbohydrates. But what if you finish your workout late at night? Is it worth going to bed on an empty stomach, in the hope that in this way the result will appear faster? Definitely not. In any case, you need to eat so as not to force the body to experience stress. But a late dinner should be much lighter than a full meal. Ideal options for a very late dinner:

1. Natural yogurt
2. Fish or seafood
3. Protein shake with milk, water or kefir.

### **Proper nutrition for an athlete menu for every day**

A proper diet for every day when playing sports may look something like this:

#### Breakfast options

- Cottage cheese with fruits or berries (try to avoid completely fat-free cottage cheese, the ideal fat ratio is 5%-9%), toast (we prefer whole grain bread, it is rich in fiber and nutrients), juice (necessarily natural).
- Protein omelet (use 1 egg yolk and 3-4 proteins, milk in the omelet can be replaced with water), yogurt (only natural, no added sugar), fruit (choose fruits rich in fiber - apple, orange).
- Muesli or granola (it's good if it's homemade muesli or granola, without harmful additives and excess sugar), milk or natural yogurt (your choice), juice (necessarily natural).
- Whole grain toast (low-fat Philadelphia or ricotta cheese can be used as a filling), a cup of berries, juice (necessarily natural).

#### Lunch Options

- Pasta with vegetables (required from durum wheat, they contain more nutrients and fiber), vegetable salad (filled with 1 teaspoon of olive oil and lemon juice).
- Vegetable and chicken stew (use plenty of green vegetables and 1 tablespoon vegetable oil), cucumber and tomato salad.
- Rice with seafood (mandatory brown rice containing a lot of fiber), grilled vegetables.
- Vegetable salad with mozzarella cheese (can be replaced with any other low-fat cheese), a slice of whole grain bread.

#### Dinner options

- Boiled chicken (no skin, it is ideal to use chicken fillet or chicken breast), vegetable salad (prefer green vegetables, they contain more fiber), natural yogurt.
- Fish baked with vegetables (from vegetables, use green beans and broccoli, Brussels sprouts), a glass of kefir, a slice of whole grain bread.
- High-protein omelet with vegetables and meat (use one yolk and 3-4 proteins, add chicken fillet, green peas, spinach to the omelet), a slice of whole grain bread, kefir.
- Low-fat cottage cheese (fill with natural yogurt or low-fat sour cream, add some berries).

Since we all strive for different results, it would be logical to use different types of nutrition, different menus, different calorie levels.

### **For those who want to lose weight**

A person involved in sports for weight loss should limit himself in any dishes. His menu should not exceed 1400 calories. You need to drink more water. The body will lose fat, harmful substances will also be removed in the place with it, it is necessary to speed up the metabolism and at the same time restore the water-salt balance after training.

Sample menu for losing weight (1200 calories):

- Breakfast: oatmeal with berries. 50-70 grams of dry cereals, 50-100 grams of any berries, water or milk.
- Second breakfast: pear charlotte (100-150 grams) or any 2-3 fruits, except for bananas.
- Lunch: pilaf with chicken (250-300 grams), fresh vegetable salad (150-200 grams).

- Afternoon snack: fresh vegetable salad (150-200 grams) or julienne with a minimum of sauce.
- Dinner: chicken cutlets (200 grams) with fresh vegetables, vegetable salad (100-150 grams), egg pancake with chicken or 200 grams of fish.

### **Those who model the figure**

Such people will need to eat food saturated with protein, while fats should be in the diet no more than 0.5-1 grams per kilogram of weight, carbohydrates, in turn, are considered according to the principle of 1 gram of carbohydrates = 4 calories. The amount of proteins should be at least 1.5-2.5 grams per kilogram of weight, but not more than 3 grams. Lean protein sources: chicken breast, fish, cottage cheese, egg whites, beef. The total calorie content is from 1800 to 2000 calories.

Sample menu for training (2000 calories):

- Breakfast: pastries with enough carbohydrates (pancakes, pancakes, cheesecakes) and scrambled eggs with cheese or scrambled eggs and oatmeal pancakes.
- Second breakfast: easily digestible proteins (chicken, fish, seafood) with cereals (buckwheat, rice, pearl barley) and herbs. Fresh salad or fruit.
- Lunch: Chicken Kiev and potato muffins or burritos with yogurt sauce, turkey/chicken and vegetables.
- Afternoon snack: Buckwheat with mushrooms and chicken cutlet.
- Dinner: Pancake with banana and nuts or cottage cheese casserole with candied fruits.

### **For those who gain mass**

In this case, the carbohydrates of your diet should be 50-60%, proteins - 20-30%, fats - 10-20%, but due to the individuality of each person, the numbers may be different, so it is better to consult a specialist and a trainer in order to optimally correlate diet and exercise intensity. The total calorie content of the diet is from 2500 calories. Those who are gaining mass should choose complex carbohydrates, remove fast food, pastries.

Sample menu for training (2500 calories):

- Breakfast: oatmeal pancakes with apple and egg and cheese sandwich or pancakes with sesame seeds and rice porridge with berries.
- Second breakfast: wok with chicken or burrito with Caesar sauce.
- Lunch: Udon or soba noodles and teriyaki chicken or chicken pancakes and mashed potatoes with sauce.
- Afternoon snack: lazy dumplings or cottage cheese casserole with fruit.
- Dinner: cheesecakes with bananas and nuts or beef and chicken meatballs with perlotto.
- Before going to bed, it is better to drink a berry drink, fruit drink, to replenish the water-salt balance.

### **Conclusion**

Starting to play sports, each person sets his own goals, it can be a beautiful body, lifting heavy weights, performing at sports competitions, but everyone must understand that each of these actions begins with the same thing, with gradual progress. You can reach any heights if you only do everything with your head, and not headlong.

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