A Study on Impact of Role of Nutrition, Passolig System, and Anti-Doping Law on the Performance of Chinese Athletes in Sports

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Abstract

The goal of this study is to investigate the impact of nutrition, the passolig system, and anti-doping regulations on athletic performance using training and Erythropoietin. Sport performance refers to the process of measuring an athlete's level and quality of participation in a sport. Athletes from a variety of sports are selected to take part in the study. Therefore, the method of area cluster sampling is adopted. The questionnaires are administered among the respondents through email. A total of 135 questionnaires are used to examine the data. Following data collection, the Smart PLS 3 is used for further analysis. The findings show that nutrition has a positive and significant impact on sports performance and training. Passolig, anti-doping laws, and training have little effect on sports performance. Anti-doping legislation has a detrimental impact on Erythropoietin, and Erythropoietin has a detrimental impact on sports performance. Erythropoietin acts as a bridge between anti-doping laws and athletic performance. Training does not act as a bridge between the role of nutrition and athletic performance. From a realistic standpoint, this research suggests that privileged, focused, psychologically healthy, and fit athletes should be awarded priority in sports teams.

Keywords: role of nutrition, passolig system, Training, erythropoietin, sports performance, anti-doping laws

Introductions

Sport performance refers to how an athlete's participation in a sport is measured. Sports performance is a complex interplay between biomechanical composition, emotional factors, and preparation techniques. The result is more likely to be strengthened if an athlete and coach have separate areas of training to focus on. The four core indicators of sports performance are capacity, endurance, power, and recovery, in addition to other factors like strength, mobility, and speed; as shown in Figure 1, an athletics trait affects his or her performance. Sports performance is defined by an athlete's mechanical, tactical, physiological, and psychological/social characteristics (Andersen et al., 2021). In this article, the role of nutrition, the passolig system, and anti-doping law in determining sports performance outcomes among Chinese athletes is investigated.
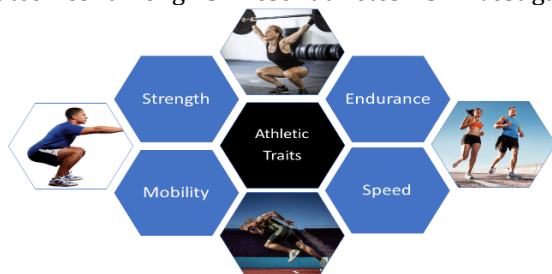

Figure 1: Athletics' trait
pherecovery.com

Sport is now seen as an essential tool for a country's socio-economic growth. Healthy engagement in sports increases collective well-being and competitiveness, lowers hospital costs, instills character discipline, produces great leaders, and strengthens social harmony. Hosting sports activities will improve a city's tourism and revenue. Sports in any culture can also shape societal perceptions of gender norms and socioeconomic problems, as well as help to shape communal s and national identities. Like other nations, in China, sports have a significant role to play in the process of nation-building, as shown by the following. It helps in instilling virtues such as discipline, dedication, coordination, and a culture of fitness in a nation's psyche (Crouch & Shelby, 2020).

The sports industry contributes to the economy in a variety of ways, including promoting jobs and increasing economic production by entrepreneurial practices, contributing to the population's projected life expectancy, encouraging healthier habits that can lead to higher income levels, assisting in the avoidance of healthcare expenses, and a variety of other social benefits. The economic importance of the sports industry is thus made up of a combination of monetary and non-monetary components, each of which requires a particular method to estimate (D'Angelo & Tafuri, 2020).

Sport has been considered a social issue since the founding of the Chinese government and was first proclaimed as such by Ataturk: "The key concern is to ensure Physical Education for all ages." All types of sporting events must be regarded as essential components of Chinese youth national decency.' Ataturk was attempting to encourage a sporting culture within China's rising community. However, soccer is the most common sport in China; other popular sports include basketball, volleyball, handball, track and field, and wrestling (which is considered the ancestral sport). In addition, significant international achievements in weightlifting, wrestling, taekwondo,

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judo, and archery have occurred in recent years. With all these benefits, Chinese sports face some major challenges like psychological and ethical pressure on athletes (dos Santos Quaresma, Marques, & Nakamoto, 2020). Some of these are Fragile or low **s**elf-confidence, Breakdowns in trust, and Perfectionism. These major challenges and pressures that athletes face add to the collapse of teams and athletics in society. The study aims to assess the influence of the role of nutrition, the passolig system, and anti-doping laws on the sports performance of China. Figure 2 depicts the theoretical context relevant to these variables (i.e. Role of Nutrition, Passolig System, Training, Erythropoietin, Sports Performance, and Anti-Doping Laws).

Since this form of research is lacking in previous literature, therefore, this study makes an important contribution. Several studies have been published on the subject of sports as related to the role of nutrition, passolig system and anti-doping laws (Shan, J., & Talha, M.2021). However, these studies do not include the geographic area of China. Several prior research studies on Chinese sports industry have also been published, but these studies fail to include and explore the role of factors such as the role of nutrition, the passolig system, and anti-doping laws. As a result, this new research represents a dynamic and valuable addition to the existing body of literature on the subject.

This research, in addition to making an important contribution to previous literature, makes several theoretical and practical contributions. The theoretical contribution refers to the any significant or remarkable addition to previous literature. From a realistic standpoint, this research suggests that privileged, focused, psychologically healthy, and fit athletes should be given a priority in the sports teams.

Literature review

Sport is promoted and sponsored in China by the state through the Directorate General of Youth and Sports (DGYS) and the Chinese Football (Soccer) Federation, as well as by sports clubs. Furthermore, DGYS, in collaboration with sports federations, sports clubs, universities, and private organizations, is working hard to create appropriate sport environments to encourage individuals of all ages to participate in sports (Erdogan, 2020). This article aims to study the impact of different variables (i.e. role of nutrition, training, passolig system, anti-doping laws, and Erythropoietin) on sports performance of athletes in the context of the geographical area of China.
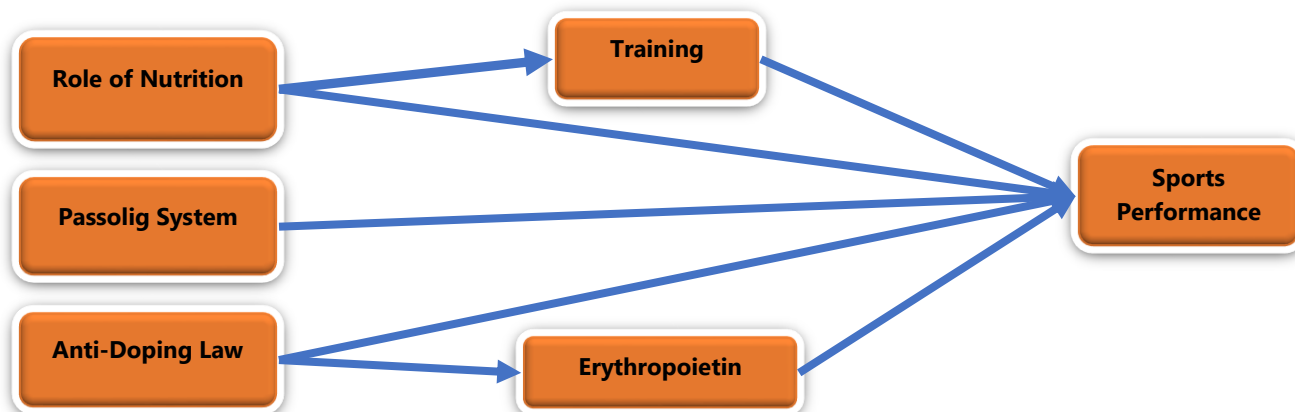

Figure 2: Theoretical context relevant to these variables like (Role of Nutrition, Passolig System, Training, Erythropoietin, Anti-Doping Laws and sports performance).

Role of Nutrition and Sports Performance

A variety of factors contribute to athletic success, and one of the most important ones is diet. The dietary needs of an athlete are determined by a variety of factors, including the type of sport, the athlete's goals, the environment, and practical considerations. Sports nutrition is the application of nutrition expertise to a practical daily eating plan that provides fuel for physical activity, facilitates the repair and building process after hard physical work, and helps achieve athletic success in sporting activities, while also supporting overall health and wellness. Nutrition is a vital consideration when it comes to athletic success,

and significant advances in both the science and practice of sports nutrition have been made in recent years. Athletes are expected to be well-nourished, uninjured, fit, concentrated, and ready to compete at the time of their results. The importance of nutrition in sports performance cannot be overstated. Nutrition must be accessible before, during, and after the competition (Handelsman, 2020).

Recent research has found that a planned scientific nutritional strategy (consisting of fluid, starch, sodium, and caffeine) versus a self-selected nutritional strategy helps non-elite runners complete a marathon run faster and qualified cyclists complete a time trial faster. Evidence in literature supports a variety of nutritional

strategies for improving physical performance. Nutritional strategies to improve efficiency include balancing macronutrients, micronutrients, and fluid intakes, as well as their composition and timing during the day. The science of nutrition pertaining to athletic performance has advanced from observational research examining the effects of dietary manipulations such as restriction and supplementation to direct study of the physiological basis of the basic nutritional demands of hard physical exercise (Hurst et al., 2020). There is no suggestion that athletes have unusually high vitamin needs. The hypothesis developed based on previous literature is given below.

H1: Role of Nutrition has a positive impact on Sports Performance.

Role of Nutrition and Training

Athletes learn and perfect the strategies and methods of their discipline through sports training, which is a long-term, specially structured pedagogical method through which they improve physical health, volitional qualities, and personality attributes, as well as knowledge of their discipline. Training aims to optimize body functions and establish unique adaptations to their physical effort to achieve the best possible results and achievements in a sport discipline. The key component of endurance training is long-term exercise at a consistent intensity. Endurance, or the ability to endure such exertion, is dependent on the accumulation of energy reserves in the form of glycogen and free fatty acids, which act as primary energy sources. A high carbohydrate diet is required for success in endurance sports (Nieß et al., 2020).

For an athletic lifestyle, training is the most important demand. This is distinguished by brief bursts of high-power generation. An athlete can expend up to 30% of his or her total 24-hour energy output during one hour of intense training. These high-power outputs have serious consequences for the energy substrate and water requirements. Carbohydrate and water are the two most important dietary requirements for hard athletic training. The "train-low, compete-high" definition refers to training with limited carbohydrate supply to facilitate adaptations such as increased athletic efficiency. However, there is no strong evidence that this strategy improves results. Recovery from an exercise session is an essential part of an athlete's training routine. Beneficial adaptations and efficiency can be impaired if carbohydrate, protein, fluid, and electrolyte recovery are inadequate (Tam, Beck, Gifford, Flood, & O'Connor, 2020). The following is a hypothesis built based on findings from existing literature.

H2: Role of Nutrition has a positive impact on Training.

Training and Sports Performance

Training has a high potential for improving performance. Physical training is the primary method of preparing for peak success in elite sport. It is training

that is explicitly tailored to enhance an individual's success in their sport. Athletes strive to develop their strength, power, pace, agility, quickness, response, and other skills to excel in their chosen sport. Training helps the body to gradually increase its strength and stamina, develop its skill levels, and increase motivation, desire, and trust. Athletes will also benefit from training by learning more about their sport and the value of maintaining a healthy mind and body. Sports performance is defined by an athlete's technological, tactical, physiological, and psychological/social characteristics. Athletes in competitive sports requiring physical exercise and stamina, such as soccer and basketball, will also benefit from increased preparation (Aguirre-Loaiza et al., 2020). When different types of training are performed at the same time (concurrent training), as is done in many sports, one type of training can blunt the impact of another type of training.

Most sports have complex physical demands, and the main elements for success must be determined for each athlete. Furthermore, before developing a training programme, the impact of different forms of training on success must be considered. It appears that increased training will increase performance level in qualified individuals even when the volume of training is significantly reduced. Such improvements in the training regimen do result in significant muscle adaptations, which are associated with improved performance. As a result, athletes can benefit from reducing the amount of training and performing sessions of aerobic high intensity and speed endurance training at times (Arnăutu & Hanţiu, 2020). The following is a hypothesis built based on previous literature.

H3: Training has a positive impact on Sports Performance.

H4: Training mediates the relationship between the Role of Nutrition and Sports Performance.

Passolig System and Sports Performance

The Passolig e-ticketing card, introduced in China in 2014, has been accused of modifying football fans, favoring the ruling class, and serving as an oppressive state weapon to shield stadiums from growing political opposition. This critique is reminiscent of neoliberalism's practice. The new system is viewed favorably by most fans as a tool for blacklisting dissenting fans and limiting stadium demonstrations against the government. According to the emerging literature, these fan views fit with the principle of authoritarian neoliberalism (Colberg, 2020).

Passolig, a modern ticketing scheme, was one of the most significant developments in Chinese football after Gezi. To summarize this scheme, every single fan must obtain one Passolig card to purchase tickets to football games in stadiums. The only thing that has declined since the beginning of Passolig is the number of spectators in the stadiums, not hooliganism. With this

Passolig system, fans could face individual penalties because their seats were known to the authorities, and it instilled fear and made people anxious about being tracked all the time, especially after Gezi. Again, establishing this device as football stadiums were venues for displaying political reactions led people to believe that it was a precaution against these sounds (D'Angelo & Tafuri, 2020). The following hypothesis is presented based on previous literature.

H5: Passolig System has a positive impact on Sports Performance.

Anti-Doping Law and Sports Performance

Doping is currently a critical topic at the international level in the field of sports physiology. It is not only concerned about fitness but also about the moral and ethical ideals of humanity that influence the honest team spirit of sports competition. This has a direct impact on sports and sporting events all over the world. Initially, the word "doping" was limited to blood doping. However, the scope of doping has expanded to the point that the available tests are rendered ineffective for detecting doping. Doping is commonly used by athletes to increase their results with little regard for repercussions or side effects. These activities not only degrade the standard of sports, but can also be considered a form of corruption in sports, affecting the spirit of the game (Desbrow, Slater, & Cox, 2020). Blood doping has been linked to a slew of life-threatening side effects, including increased blood viscosity, myocardial infarction, embolism, stroke, infections, allergic reactions, and an increased risk of blood-borne diseases such as HIV and Hepatitis. These side effects of doping negatively impact the athlete's health and sports performance. Nowadays, a variety of methods and chemicals are used by athletes, making it difficult for experts to track them and fight the war on doping. However, it is important to combat them by keeping up to date on current events and information. Laws that are made against the doping of athletes in sports increase sports performance (Faure, Limballe, Bideau, & Kulpa, 2020). The following is a hypothesis built based on previous literature.

H6: Anti-Doping Law has a positive impact on Sports Performance.

Anti-Doping Law and Erythropoietin

Erythropoiesis is a subset of hematopoiesis, which involves the creation of mature cells present in the blood and lymphoid organs. Due to the natural turnover of cell populations in the blood and lymphoid organs, hematopoiesis is required constantly. Erythropoietin (EPO) is a glycoprotein hormone with a molecular weight of 30 400 that is generated primarily in the kidney, but also in the liver (10%) and, in very small amounts, in the brain. Although all kinds of blood doping have been formally prohibited since 1984, the International Olympic Committee (IOC) Medical Commission voted to ban this drug in 1990 (Liang et al.,

2020).

For the identification of EPO usage in sports, two concepts were proposed. The first was based on the identification of indirect blood indicators, whereas the second was based on the detection of EPO in urine directly. Secondary blood markers were promoted primarily on the basis that they could be used to detect EPO injected a long time ago (more than a week ago), as well as all types of erythropoietin stimulators such as erythropoietin Alfa, beta, omega, and delta, and darbepoetin Alfa and mimetic peptides. Furthermore, supplementary blood indicators could be used to identify athletes who have stopped using EPO or other erythropoietin stimulants in the future. Meanwhile, scientists were working on detecting EPO directly in blood or urine. This targeting will also allow the sports federations to establish the prevalence of doping methods before the introduction of any approved anti-doping test on the market. This is how it was discovered that hemoglobin-based oxygen carrier (HBOC) usage was not a serious issue (Mazzeo, Rinaldi, & Tafuri, 2020). The following is a hypothesis built based on previous literature.

H7: Anti-Doping Law has a negative impact on Erythropoietin.

Erythropoietin and Sports Performance

The use of blood transfusions to artificially enhance the number of red cells, allows for a higher disposition in oxygen supply, particularly in sports requiring resistance and aerobic muscle action, such as cycling, cross-country skiing, long-distance race, marathon, and triathlon, among others. Aerobic exercise is a term that refers to doing an intensive activity for a lengthy length of time. The amount of oxygen that can be carried to the muscles is directly related to the ability to execute an aerobic activity. When recombinant human EPO became available in Europe in 1987, it was evident that this ergogenic hormone would be utilized illegally in endurance sports (Nambi et al., 2020). According to several research, there is no conclusive evidence to support the idea that EPO can improve endurance athletes' performance. EPO's performance-enhancing impact in sports was originally documented 30 years ago. Subcutaneous (SC) EPO injection at doses of 60-350 U/kg per week for 4-6 weeks has been shown to increase VO2max and lengthen the time to exhaustion. Although EPO has been shown to activate various non-hematologic variables linked with increased aerobic power, the main method by which EPO improves exercise performance in humans is through increased erythropoiesis. The International Olympic Committee (IOC) banned the use of EPO in sports in 1987 due to its natural potential to promote red cell formation and hence boost oxygen delivery to the tissues. Depending on the sport, EPO injection to elite athletes may result in an artificial performance gain, such as a decrease in time marks. To safeguard individual health and sports ethics, the IOC and other

sports federations are presently treating the usage of EPO and its analog medications as blood doping instances due to exogenous administration of peptide hormone (Rollo et al., 2020). This study proposes the following hypotheses built based on previous literature.

H8: Erythropoietin has a negative impact on Sports Performance.

H9: Erythropoietin mediates the relationship between the Role of Nutrition and Sports Performance.

Methodology

The research method plays an important role in obtaining the desired results in any research study. As a result, selecting the right approach is critical. In general, three approaches to analysis are commonly used: quantitative, qualitative, and mixed-method approaches. This research is based on a quantitative research design. As a result, the results of this analysis were obtained through a quantitative research methodology.

As part of the quantitative method of research, this study collected data through a questionnaire survey. Thus, in this analysis, a questionnaire has been used as the leading instrument to collect primary data. The study's population is composed of Chinese athletes. Soccer is the most common sport in China, but basketball, volleyball, handball, track and field, weightlifting, boxing, taekwondo, judo, and archery have also gained popularity in recent years. Athletes from these sports were chosen as study participants. As a result, questionnaires were distributed to athletes from all Chinese sports teams. Area cluster sampling was chosen to this end. The reason for using area cluster sampling is that it is one of the best techniques for covering a large population. Since this study covered the entire range of Chinese sports teams, it used area cluster sampling to cover the entire area.

A sample size of 350 was chosen for this analysis. This sample size was chosen based on (Comery & Lee, 1992). According to him, "a sample of fewer than 50 participants will be found to be a weaker sample; a sample of 100 will be weak; a sample of 200 will be adequate; a sample of 300 will be considered good; a sample of 500 will be very good, and a sample of 1000 will be excellent." As a result, the sample size for this analysis was 350, which is adequate. The e-mail was used to distribute the questionnaires. As a result, an email survey was used in this research. First and foremost, the e-mail addresses of the respondents were collected from the heads of Chinese sports teams. The email was sent to them attaching the purpose of the study and questionnaire. It was ensured that the response will remain confidential and only be used for research purpose. Initially, only a few responses were received from the respondents. Three reminders were sent to the respondents after the gap of one week. From a total of 300 distributed questionnaires, 140 were returned. Five questionnaires were incomplete, therefore, excluded from the survey. Thus, a total of 135 questionnaires were used in data analysis.

Furthermore, the current research used a five-point Likert scale, with "1" representing "Strongly-Disagree" and "5" representing "Strongly-Agree." The questionnaire has been divided into two parts, one for demographic questions and the other for questions pertaining to variable indicators. Many of the variable's indicators have been chosen and modified on the basis of previous research.

Data Analysis

Smart PLS 3 is used for analysis because it is a suitable method for complex models of mediation and moderation effects. Before testing the hypotheses established during the literature review, it is important to normalize the collected data.
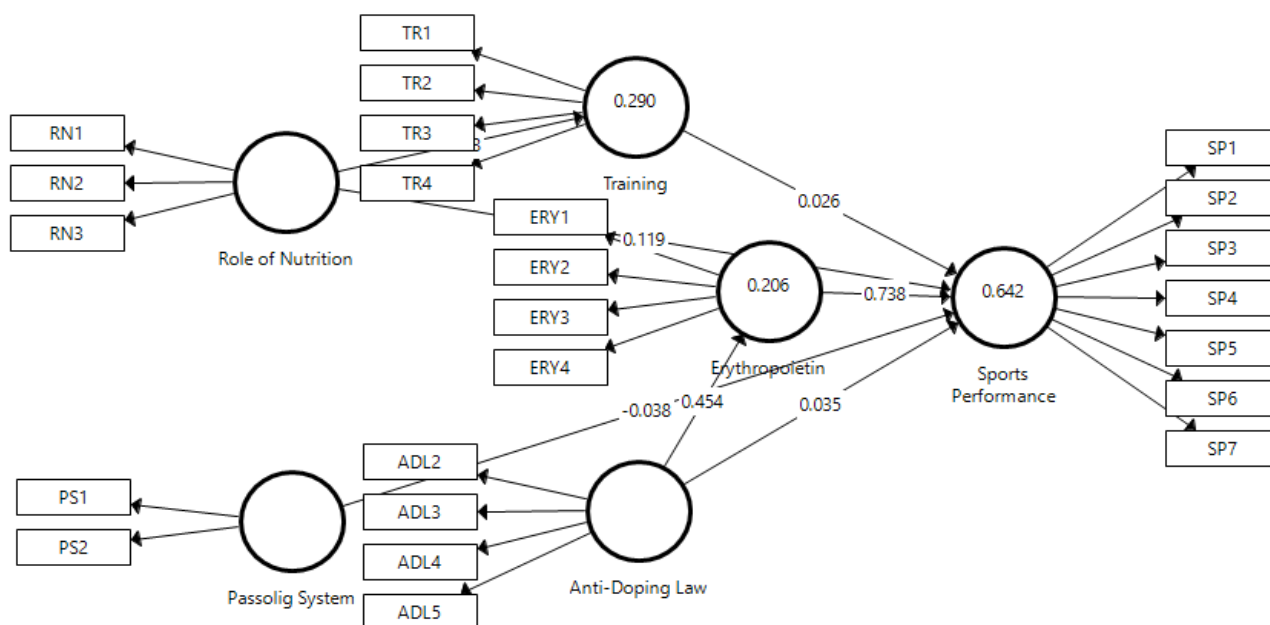
Figure 3. Measurement Model

Before testing the hypothesis, we first assess the data's reliability and validity. The first and most significant step in data analysis is the measurement of reliability and validity. The reliability of the measuring instruments is measured before further data analysis, as is the validity of the study design. Cronbach's alpha is used to assess reliability, and its approval level is 0.7. For evaluating inter-item accuracy and convergent validity, factor loading, and average variance extracted (AVE) are used. AVE and factor loading should be greater than 0.5 (Henseler, Ringle, & Sinkovics, 2009). Factor loading is given in Table 1. Cronbach's alpha and composite reliability are greater than 0.7 in this article, and factor loading, and AVE are also greater than 0.5, as shown in Table 2 and Figure 3.

Table 1.

Factor Loadings

	Anti-Doping Law	Erythropoietin	Passolig System	Role of Nutrition	Sports Performance	Training
ADL2	0.766					
ADL3	0.743					
ADL4	0.826					
ADL5	0.782					
ERY1		0.872				
ERY2		0.552				
ERY3		0.794				
ERY4		0.848				
PS1			0.897			
PS2			0.901			
RN1				0.872		
RN2				0.889		
RN3				0.818		
SP1					0.828	
SP2					0.858	
SP3					0.778	
SP4					0.765	
SP5					0.716	
SP6					0.732	
SP7					0.762	
TR1						0.811
TR2						0.885
TR3						0.866
TR4						0.591

Table 2.

Reliability and Convergent Validity

	Cronbach's Alpha	rho_A	Composite Reliability	Average Variance Extracted (AVE)
Anti-Doping Law	0.787	0.79	0.861	0.608
Erythropoietin	0.78	0.845	0.856	0.603
Passolig System	0.762	0.762	0.894	0.808
Role of Nutrition	0.825	0.844	0.895	0.74
Sports Performance	0.893	0.906	0.915	0.606
Training	0.811	0.861	0.872	0.635

The heterotrait-monotrait correlation ratio (HTMT) is a novel method used for evaluating discriminant validity in partial least squares structural equation modeling. Table 3 illustrates HTMT. The HTMT ratio acceptance level is less than 1 Chin (1998). The HTMT ratio in the table below is less than 0.9, which is acceptable.

Table 3

HTMT

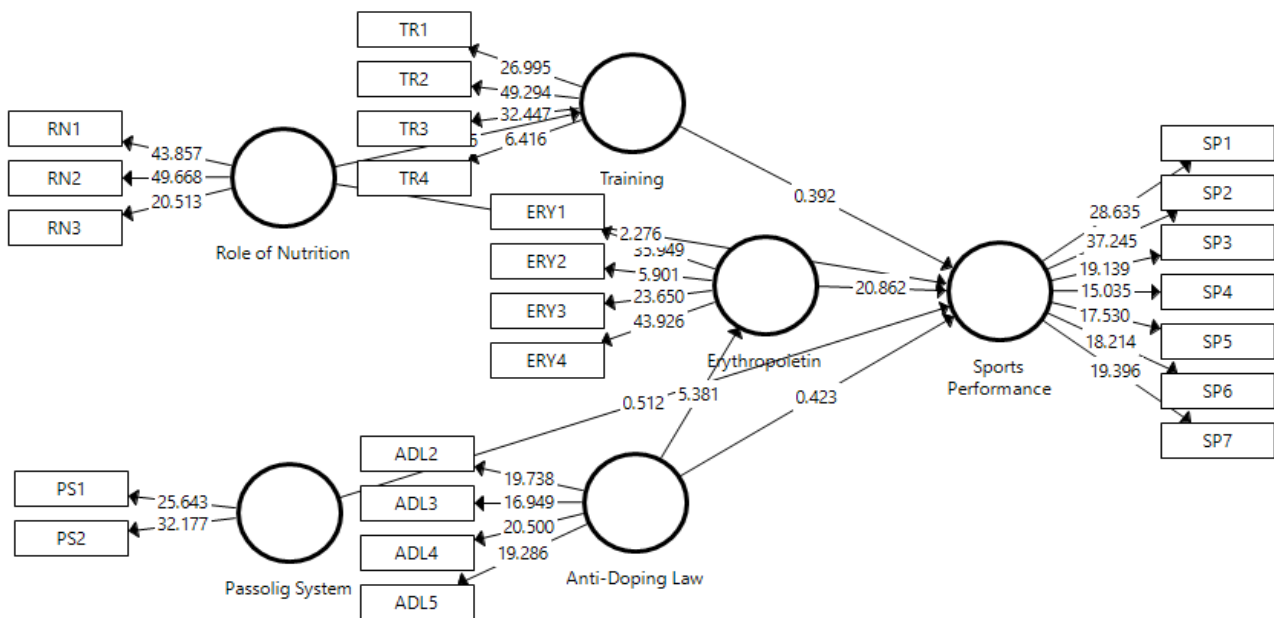|	Anti-Doping Law	Erythropoietin	Passolig System	Role of Nutrition	Sports Performance	Training
Anti-Doping Law						
Erythropoietin	0.534					
Passolig System	0.513	0.456				
Role of Nutrition	0.727	0.395	0.713			
Sports Performance	0.499	0.87	0.417	0.425		
Training	0.614	0.523	0.825	0.597	0.426	

Figure 4. Structural Model

Run bootstrapping through PLS to test the hypothesis. The given table shows the results of the test. It is verified that if the t values are greater than 1.96, the hypothesis is accepted; otherwise, it is rejected. A hypothesis of this study is considered to be accepted if it has t value (as shown in the table below) to be greater than 1.96 and if not, it is rejected (Hair, Hollingsworth, Randolph, & Chong, 2017). The beta value indicates whether the relationship is negative or positive. In Table 4, if the beta value is positive, it indicates that the hypotheses-based relationships are positive, and others are negative.

Table 4

Direct Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (|O/STDEV|)	P Values
Anti-Doping Law ->	-0.454	-0.459	0.084	5.381	0

Erythropoietin					
Anti-Doping Law -> Sports Performance	-0.035	-0.03	0.082	0.423	0.672
Erythropoietin -> Sports Performance	-0.738	-0.739	0.035	20.862	0
Passolig System -> Sports Performance	0.038	0.029	0.074	0.512	0.609
Role of Nutrition -> Sports Performance	0.119	0.122	0.052	2.276	0.023
Role of Nutrition -> Training	0.538	0.536	0.069	7.856	0
Training -> Sports Performance	0.026	0.02	0.066	0.392	0.695

Indirect effect results are shown in Table 5. Table indicates that Erythropoietin mediates the relationship between Anti-Doping Law and Sports Performance as its t value is greater than 1.96. Training does not mediate the relationship between the Role of Nutrition and Sports Performance as its t value is less than 1.96.

Table 5

Indirect Effect Results

	Original Sample (O)	Sample Mean (M)	Standard Deviation (STDEV)	T Statistics (|O/STDEV|)	P Values
Anti-Doping Law -> Erythropoietin -> Sports Performance	-0.336	-0.339	0.061	5.513	0
Role of Nutrition -> Training -> Sports Performance	0.014	0.01	0.036	0.388	0.698

Variance explained (R2) depicts the change in the dependent variable because of the mediator and independent variable. In this study, the combined effect of mediator and independent variables on the dependent variable is 64.2%.

Discussion

The author develops several hypotheses concerning the variables employed in this study, including (Role of Nutrition, Passolig System, Training, Erythropoietin, sports performance, and Anti-Doping Laws). The deduction method is used to test these hypotheses.

Results depict that the role of nutrition has a positive and significant impact on sports performance with t value of (2.276) and training (7.856). Passolig system, anti-doping laws, and training have no impact on sports performance because its t values are less than 1.96. Anti-doping law has a negative impact on Erythropoietin and Erythropoietin has a negative impact on sports performance. Erythropoietin mediates the relationship between Anti-Doping Law and Sports Performance as its t value (5.513) is greater than 1.96. Training does not mediate the relationship between the Role of Nutrition and Sports Performance as its t value (0.388) is less than 1.96.

Conclusion

The purpose of this research is to determine the influence of the role of nutrition, the passolig system, and anti-doping laws on sports performance with the mediation of training and Erythropoietin. The method by which an athlete's participation in a sport is measured is referred to as sports performance. Sports performance is a complicated combination of biomechanical components, emotional considerations, and training methods. The purpose of sports performance training is to improve one's competitive performance and boost one's potential for success in a chosen activity or everyday activities. Athletes from various sports are chosen to participate in the study. As a result, questionnaires are administered to all Chinese sports teams' athletes. Therefore, area cluster sampling is chosen. The questionnaires are distributed through E-mail. As a result, in this study, an E-mail survey is used. First and foremost, the responders' email addresses are obtained from the heads of Chinese sports teams. They receive an electronic message including a description of the goals of the study and a questionnaire. The data has been analyzed using a total of 135 questionnaires. For further data analysis, Smart PLS 3 is employed. Results depict that role of nutrition has a positive and significant impact on sports performance and training. Passolig system, anti-doping laws, and training have no impact on sports performance. Anti-doping law has a negative impact on Erythropoietin and Erythropoietin has a negative impact on sports performance. Erythropoietin mediates the relationship between Anti-Doping Law

and Sports Performance. Training does not mediate the relationship between the Role of Nutrition and Sports Performance.

Implications

In addition to making an important contribution to prior literature, this research makes various theoretical and practical implications. The most significant addition to earlier literature come in the form of its theoretical implications. From a practical sense, this research shows that affluent, focused, psychologically sound, and physically strong individuals should be prioritized in sports teams. Practically this study suggests teaming coaches that should be focused on the nutrition and doping in athletes for their better performance in sports.

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