

Nutritional strategies of British professional and amateur natural bodybuilders during competition preparation

CHAPPELL, Andrew <<http://orcid.org/0000-0003-3999-9395>>, SIMPER, Trevor <<http://orcid.org/0000-0002-4359-705X>> and HELMS, E.

Available from Sheffield Hallam University Research Archive (SHURA) at:

<https://shura.shu.ac.uk/25086/>

This document is the Supplemental Material

Citation:

CHAPPELL, Andrew, SIMPER, Trevor and HELMS, E. (2019). Nutritional strategies of British professional and amateur natural bodybuilders during competition preparation. *Journal of the International Society of Sports Nutrition*, 16 (1), p. 35. [Article]

Copyright and re-use policy

See <http://shura.shu.ac.uk/information.html>

Table S1. Estimated energy expenditure and deficit of British natural bodybuilders during competition preparation.

Male						Female					Male		Female	
Start	PRO	SD	AMA	SD	p value	PRO	SD	AMA	SD	p value	Mean	SD	Mean	SD
BMR	1973	96	1958	102	0.712	1390	49	1399	56	0.754	1961	100	1396	52
PAL	3353	163	3195	687	0.296	2362	83	2378	96	0.754	3233	604	2373	89
End														
BMR	1819	76	1783	78	0.267	1317	40	1312	40	0.827	1792	78	1314	38
PAL	3092	129	3031	133	0.269	2239	64	2231	68	0.827	3046	132	2334	64
Estimated Energy Deficit														
Start	PRO	SD	AMA	SD	p value	PRO	SD	AMA	SD	p value	Mean	SD	Mean	SD
BMR	1560.5	524.9	1089.3	466.1	0.088	1073.4	538.6	900.6	389.9	0.549	1203.5	515.0	962.3	436.1
PAL	179.7	532.5	-226.2	629.6	0.034	100.6	551.8	-78.6	421.8	0.550	-127.8	624.9	-14.6	459.4
End														
BMR	1199.4	516.6	546.6	447.4	0.008	518.7	269.9	348.5	432.0	0.383	704.9	537.8	409.2	380.0
PAL	-73.9	485.1	-701.5	462.7	0.008	-403.3	248.5	-570.2	445.4	0.386	-549.4	535.4	-510.6	384.6

Table S1. Estimated energy requirements and deficit of competitors with and without the addition of PAL (BMR x 1.7). p value, difference in means between PRO and AMA. Data analysed using an Independent T-Test. Statistical significance assumed where $p < 0.05$

Abbreviations: BMR basal metabolic rate, PAL physical activity and lifestyle factor, EED estimated energy deficit, PRO professional, AMA amateur, SD standard deviation

