

ABSTRACT

RAPID WEIGHT LOSS STUDY: PREVALENCE, MAGNITUDE, METHODS AND EFFECTS UPON JUDO-RELATED PERFORMANCE

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The present study aimed: to develop and validate a questionnaire and evaluate prevalence, magnitude and methods of rapid weight loss among judo players; to investigate the impact of rapid weight loss followed by a recovery period on judo-related performance. The results indicated that the questionnaire has good convergent validity, it is able to discriminate athletes with different patterns of weight behavior and it has good indexes of stability for all of its questions. Being a valid instrument, it was applied to a great sample of judo competitors (n=790). The results showed that about 90% of athletes lose weight to compete. They begin to lose weight at early phases of adolescence and uses methods that results in energy restriction and hipohydration. In the other study, 14 male athletes were allocated to two groups of 7 subjects each: control (CON) and weight loss (WL). Both performed a test battery at the beginning of the study (PRE) and after 5 days (POST). During this period, WL group reduced ~5% of body weight by means of typical regimen. CON group kept their normal pattern of food intake and training. The results showed that both groups experienced slight improvements on Wingate performance from PRÉ to POST test. However, this improvement was somewhat greater in WL group compared to CON, which means that up to 5% of body weight loss followed by 4 hour recovery period does not affect negatively judo-related performance.

Keywords: weight loss; judo; performance; nutrition