

## **D01 Preliminary finding: Effects of sports drink supplementation post exercise on endurance performance**

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Recovery is a challenge for sportspersons who are undertaking two or more sessions each day and competing in a sports competition that involves multiple events. To date, there is still scanty information on effects of sports drink post exercise on endurance performance in the field exercise test. The objective of this study was to investigate the effects of sports drink supplementation post exercise on subsequent endurance performance. Sixteen young active participants (age:  $21.0 \pm 5.0$  years, body mass index:  $22.4 \pm 2.4$ ; physical activity category:  $3401 \pm 992$  MET min/week) participated in this study. During experiment trial test, participants ran 2.4km and followed by one-hour rest before performing a shuttle run test. Heart rate, tympanic temperature and rate of perceived exertion (RPE) were measured at pre and post exercise. During recovery, subjects consumed sports drinks or placebo. Heart rate, tympanic temperature and rate of perceived exertion (RPE) were measured at every 20 minutes during recovery. The wash out period between the trials was one week. Physical activities of participants were measured by International Physical Activity Questionnaire (IPAQ). Statistical Package for Social Science (SPSS) Version 27.0 was used to analyse the collected data. Data was expressed in mean  $\pm$  standard deviation. This present research found that level of shuttle run test in the sports drink trial was significant higher than placebo trial ( $p < 0.05$ ). There were no statistically differences in the heart rate, tympanic temperature and rate of perceived exertion (RPE) between the two trials during exercise and recovery ( $p > 0.05$ ). These findings reflected that sport drink seems to have enhanced subsequent endurance performance.