USAPL collegiate powerlifter's diet on competition day: spring 2020 analysis
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Introduction
For optimal performance on the platform to be achieved, powerlifters and nutrition providers must utilize effective nutrition strategies for strength on competition day. For example, the importance of carbohydrate consumption and maintenance of blood glucose before and during exercise was illustrated through studies on meals containing a low glycemic index, carbohydrate-rich food before exercise, indicating performance benefits (Kreider, et al., 2010). Additional factors relating to improved athletic performance include optimal intake of protein, fat, fiber, supplements, and fluid (Kreider, et al., 2010).

Statement of the Problem
Powerlifters need certain nutrients to perform well on competition day; past research on nutritional habits of collegiate level USAPL powerlifters on competition day is negligible, prompting the need for data collection.

Objectives
To describe the typical diet on competition day of USAPL collegiate level powerlifters through analyzing the following:
- Typical macronutrient intake and timing
- Typical fluid intake and timing
- Typical fiber intake and timing
- Typical supplement intake and timing

Materials and Methods

Design
This descriptive study will survey forty USAPL athletes. Participants will be recruited through a flyer posted to the public Facebook USAPL Powerlifting group page to complete a self-administered dietary recall on competition day (ASA24). Data will be analyzed by examining the mean macronutrient, fluid, fiber, and supplement intake and timing of participants.

Instrument Selection
- Automated, self-administered, 24-Hour Diet Recall (ASA24).
- Modified version of the United States Department of Agriculture’s (USDA) Automated MultiplePass Method (ASA24).

Subject Selection
Subjects will be eligible if they are ≤25 years old and have or will compete in a USAPL competition in Spring 2020.

Implications of Research
Study results will identify possible nutritional inadequacies in collegiate level PL’s intake on competition day. Past research has indicated inadequate macronutrient intake during the off-season (Oliver, et al., 2010). Future studies can advance this work by conducting similar studies in larger samples. Additionally, studies implementing nutrition interventions and monitoring outcomes in this target population are recommended.

References

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