

Carbohydrate mouth rinse: does it improve endurance exercise performance

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Purpose

The purpose of the study was to determine if carbohydrate (CHO) supplementation contributes in exerting ergogenic effect during long exercises. As such, the study investigated whether CHO would improve endurance exercise performance.

Methodology

The methodology used in this study is that of evaluating the findings of other research studies. As such, case studies of other scholars are used as the means of collecting data and making the various inferences related to the issue of CHO and endurance exercise performance.

Findings

Study findings indicated that CHO influences endurance exercise performance. This includes adding to the fatigue level of individuals while generating and maintaining energy, which provides power and strength during sports.

Relationship to past findings

These findings are related to past findings. This is because past findings have illustrated that individuals who engage in sports gain power and strength from CHO supplementation. This includes the influence that the brain gets in terms of responding to oral CHO stimulus during several exercises because the brain is associated activations and homeostatic regulation (Painelli et al. 3). Hence, the results are related in terms of CHO

influence in power and energy generation among individuals.

Flaws

The flaw in this study is that it used a secondary method of data collection. As such, reliability and credibility on the findings provided cannot be assured. Further, the study was not controlled, which implies that collection of information, which was not relevant, occurred. Hence, the nutritional study was not effective in delivering quality information on sports performance as related to power and strength.

Works Cited

Painelli, Vitor, Nicastro, Humberto, and Lancha, Antonio. "Carbohydrate mouth rinse: does it improve endurance exercise performance?" *Nutrition Journal*, 9: 33, 2010.