

Investigating the Practices of Supplements as Performance Enhancing Substances among Kenyan Elite Middle and Long Distance Runners

Abstract

Research has demonstrated that elite athletes use supplements to enhance performance. The purpose of the study was to assess the current practices on the use of banned substances among elite athletes. The study hypothesized that there would be no significant difference in the use of supplements by Kenyan elite middle and long distance runners. This study was guided by the descriptive survey research design. The target population consisted of 1960 elite athletes registered with Athletics Kenya (AK), coaches and managers. Stratified sampling technique gave 600 participants based on age and gender. Data was collected using a questionnaire that featured WADA Code 2011. ANOVA and Independent T-test determined statistical significance level at $p < 0.05$. Results revealed that most athletes consumed supplements containing carbohydrates and proteins. There were no marked differences in overall practices in the use of supplements by Kenyan elite distance athletes at $p > 0.05$. Hence, the null hypothesis was retained. This study recommended a balanced diet to meet the needs of elite athletes and further research on gender and experience of athletes.