

LIST OF ABBREVIATIONS

ACE	American Council On Exercise
ACSM	American Council Of Sports Medicine
ADA	American Dietetic Association
AIS	Australian Institute Of Sports
AN	Anorexia Nervosa
ATP	Adenosine Triphosphate
BCA	Baroda Cricket Association
BCAA	Branched Chain Amino Acids
BCCI	Board Of Cricket Control In India
BFMI	Body Fat Mass Index
BIA	Bioelectrical Impedance Analysis
BMD	Bone Mass Density
BMI	Body Mass Index
BMR	Basal Metabolic Rate
BN	Anorexia Bulimia
CHO	Carbohydrate
CK	Creatine Kinase
CVE	Cardio Vascular Endurance
DEXA	Dual X-Ray Absorbsiometry
DOMS	Delayed Onset Muscle Soreness
EA	Energy Availability
EAA	Essential Amino Acids
EAR	Estimated Average Requirement
EE	Energy Expenditure
EIMD	Exercise Induced Muscle Damage
FFMI	Fat Free Mass Index
FHA	Functional Hypothalamic Amenorrhea
HC	Hip Circumference
Ht	Height
ICMR	Indian Council Of Medical Research
IDF	International Diabetes Federation
ILSI	International Life Sciences Institute
IOC	International Olympics Committee
ISSN	International Society For Sports Nutrition
KAP	Knowledge Attitude Practices
LBM	Lean Body Mass
LDH	Lactate Dehydrogenase
LEA	Low Energy Availability
MPS	Muscle Protein Synthesis
NIN	National Institute Of Nutrition
RDA	Recommended Dietary Allowances

RED-S	Relative Energy Deficiency In Sports
SAI	Sports Authority Of India
TBW	Total Body Water
TMA	Time-Motion Analysis
WADA	World Anti-Doping Agency
WC	Waist Circumference
WHO	World Health Organization
WHR	Waist Hip Ratio
WHtR	Waist To Height Ratio
Wt	Weight
WUT	Weight, Urine And Thirst
ZCA	Zonal Cricket Association