



Assessing Collegiate Esports Players

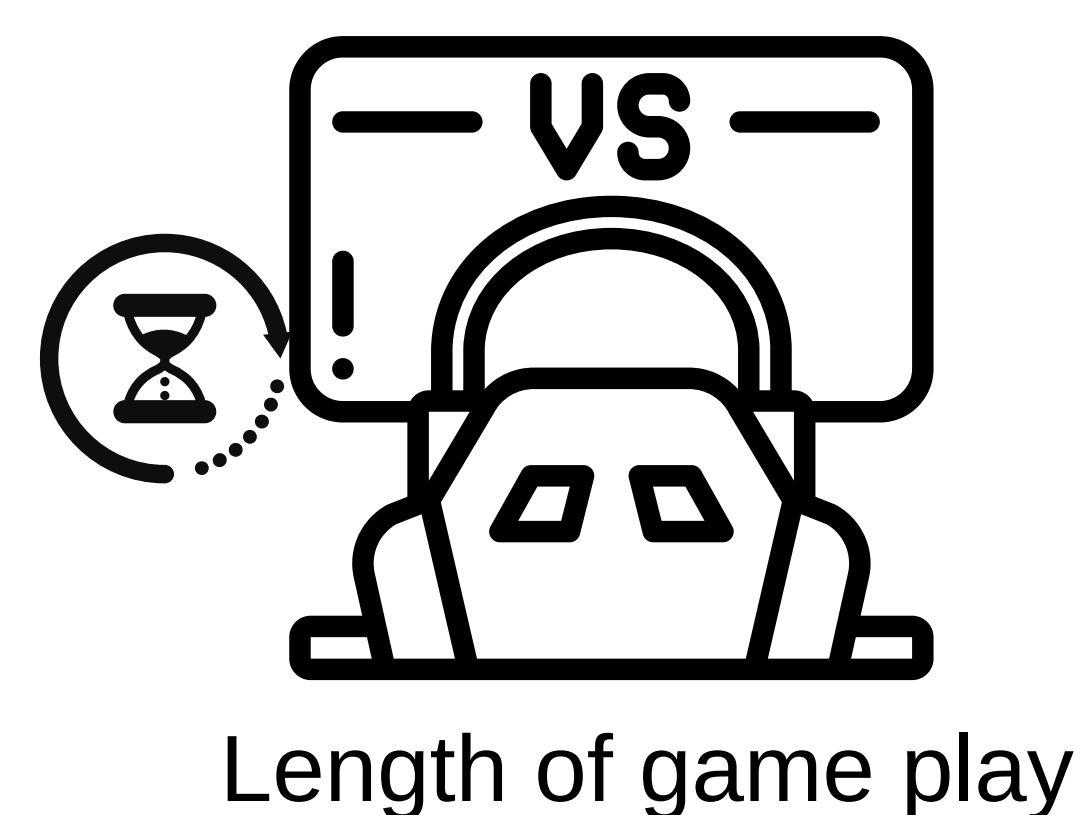
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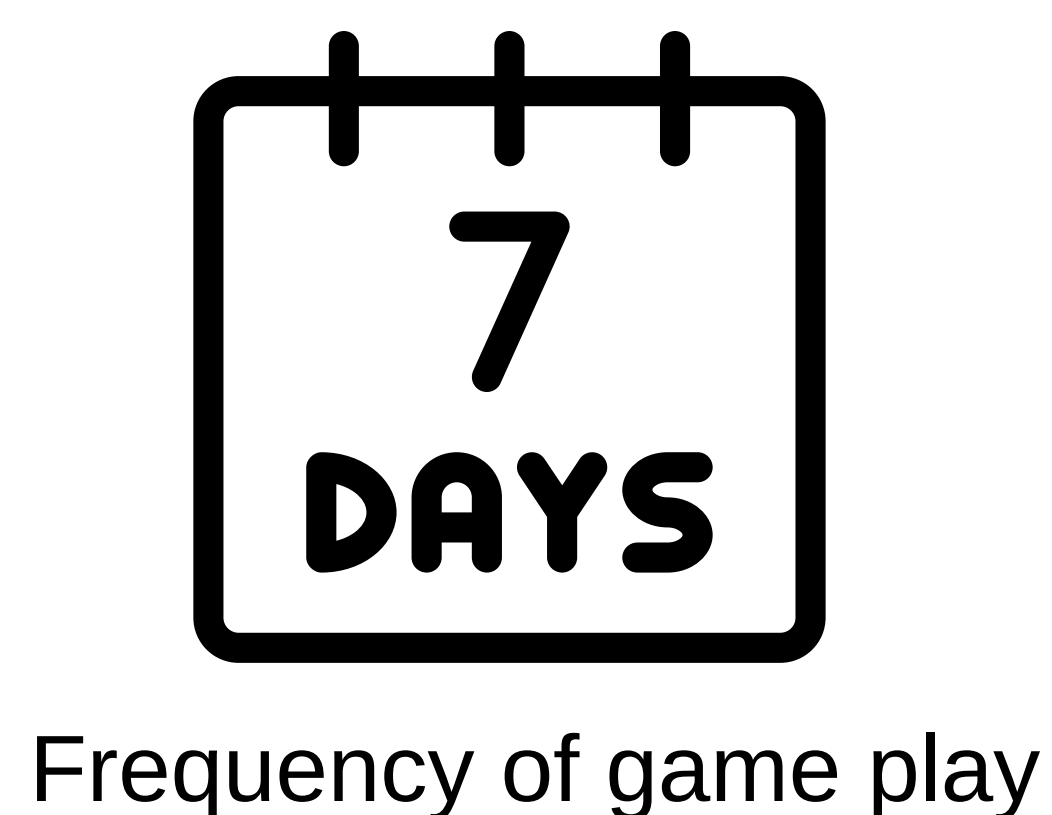


Abstract

INTRODUCTION: Little is known about the training habits and supplementation practices of collegiate Esports players. Supplements are widely used in the United States and in 2021 eighty percent of the adult population used dietary supplements (1). Additionally, supplement use is also high among athletes where one meta-analysis in 1994 showed that of the 10,274 male and female athletes surveyed 46% of the college athletes and 59% of the elite athletes used dietary supplements (2). With this information it is interesting to ponder if a similar percentage of college Esports athletes are using supplements. However, to date there has been no investigation into supplementation use by Esports players as these are new programs being developed and offered by universities. With little to no scientific literature to guide Esport collegiate coaches on programming or prescribing training for teams such as how often to play, game mechanics to train, map study, video analysis, etc. we hope to gain insight into this information. Therefore, we aim to distribute a survey to this population to learn and provide the scientific community and public more information about the training habits, lifestyle factors, and supplementation practices that are occurring in collegiate Esports players.



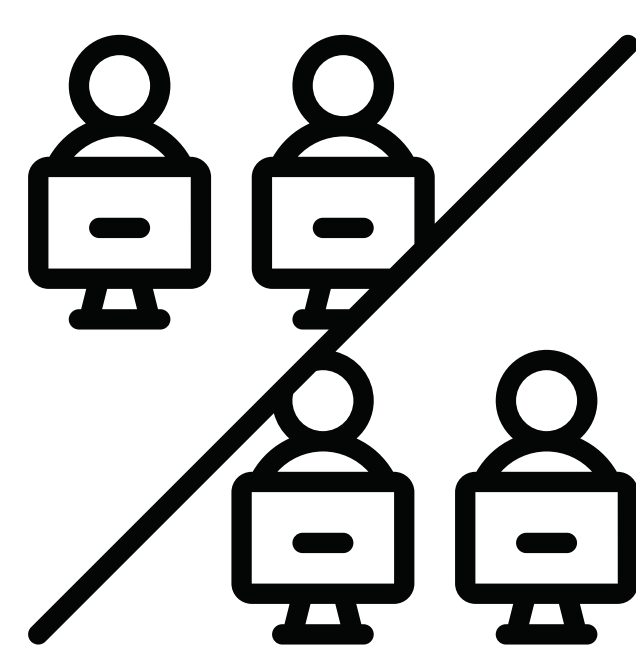
Length of game play



Frequency of game play



Game play statistics



Team based activities



Time spent on video reviews



Taking any supplements?

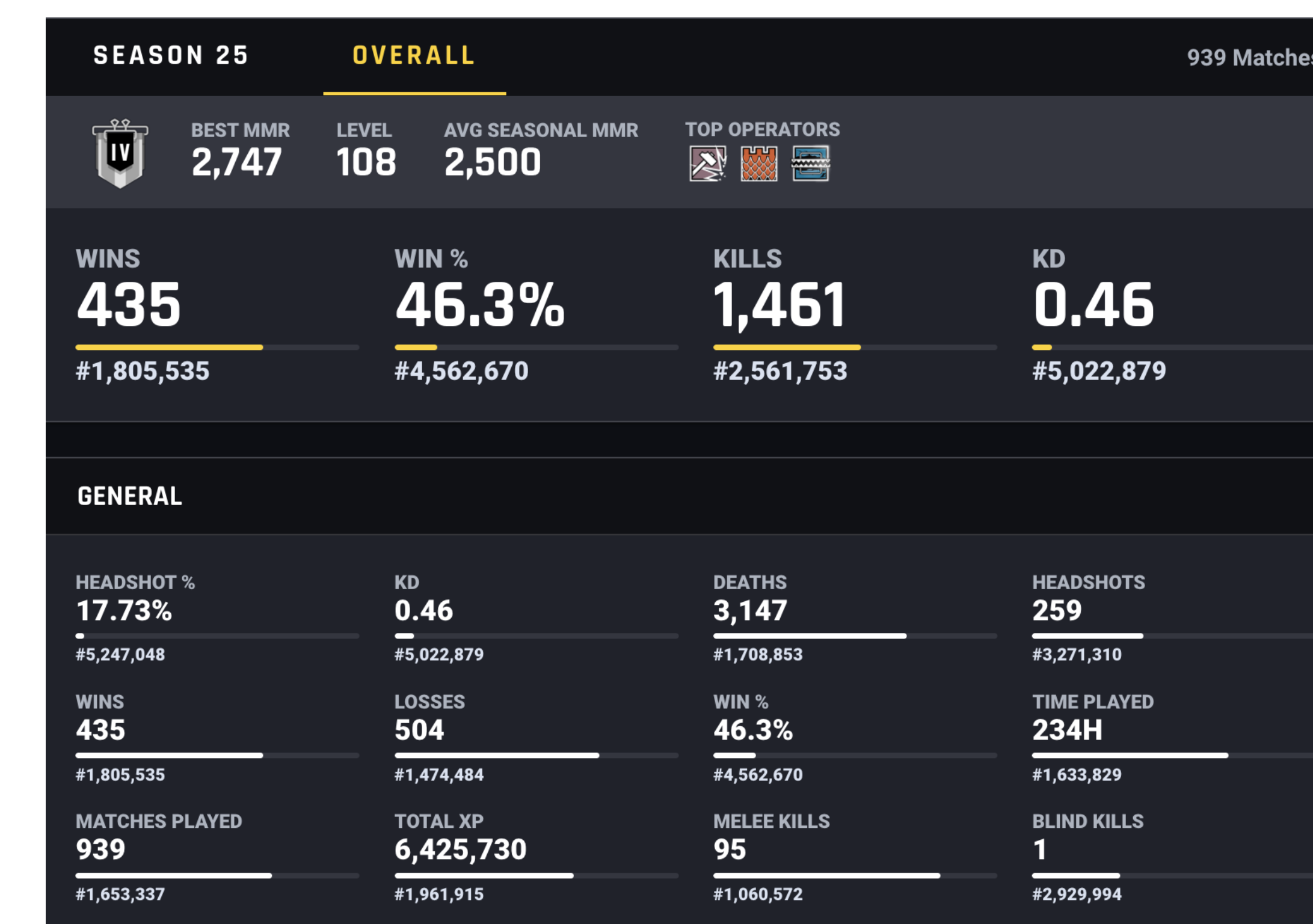
Survey Sample Questions and Tracker GG Data

Do you take any supplements either before or during gaming sessions to improve your focus, concentration, hand eye coordination, alertness, reduce stress or fatigue, etc.

Yes
No

Have you ever take any of the following supplements before or during your gaming sessions including casual play, ranked play, practices, scrimmages, or competitions?

	Yes	No
Energy Drink / Powder	<input type="radio"/>	<input type="radio"/>
Caffeine (powder, pills, or liquid form including coffee)	<input type="radio"/>	<input type="radio"/>
Nicotine	<input type="radio"/>	<input type="radio"/>
L-theanine	<input type="radio"/>	<input type="radio"/>
ADHD Medication	<input type="radio"/>	<input type="radio"/>
Choline	<input type="radio"/>	<input type="radio"/>
L-Tyrosine	<input type="radio"/>	<input type="radio"/>
Creatine	<input type="radio"/>	<input type="radio"/>
Modafinil (provigil)	<input type="radio"/>	<input type="radio"/>
Ginkgo Biloba	<input type="radio"/>	<input type="radio"/>
Ginseng	<input type="radio"/>	<input type="radio"/>
Guarana	<input type="radio"/>	<input type="radio"/>
Sage	<input type="radio"/>	<input type="radio"/>
Branch Chain Amino Acids	<input type="radio"/>	<input type="radio"/>
B Vitamins (B6, B12)	<input type="radio"/>	<input type="radio"/>
Zinc	<input type="radio"/>	<input type="radio"/>
Magnesium	<input type="radio"/>	<input type="radio"/>
Folic Acid	<input type="radio"/>	<input type="radio"/>
Niacin	<input type="radio"/>	<input type="radio"/>
Something that claims to boost performance	<input type="radio"/>	<input type="radio"/>



References

1. CRN Consumer Survey on Dietary Supplements. (2021). Retrieved from <https://www.crnusa.org/newsroom/crn-reveals-initial-data-2021-consumer-survey-dietary-supplements>
2. Sobal, J., & Marquart, L.F. (1994). Vitamin/mineral supplement use among athletes: A review of the literature. The International Journal of Sport Nutrition, 4(4), 320–334. PubMed doi:10.1123/ijns.4.4.320

Future Research

- Through this survey we aim to create a training program based on the responses from collegiate Esports players. As different video games vary in length, number of team members, number of opponents, maps, match types, character types, etc. multiple training programs will need to be tested to develop best practices to improve game play performance.