

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.





Team based activities



Frequency of game play



Time spent on video reviews

References

- Consumer Survey on Dietary Supplements. 1. CRN https://www.crnusa.org/newsroom/crn-reveals-initial-data-2021-consumer-surveydietary-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/ijsn.4.4.320

Assessing Collegiate Esports Players

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Game play statistics



Taking any supplements?

(2021). Retrieved from



Yes

No

Ü WINS 435 Have you ever take any of the following supplements before or during your gaming sessions including casual play, ranked play, practices, scrimmages, or competitions? #1,805,535 Energy Drink / Powder Caffeine (powder, pills, or liquid form Ο including coffee) HEADSHOT 9 17.73% Nicotine 0 #5.247.048 L-theanine 435 **ADHD Medication** #1,805,535 Choline MATCHES PL 939 L-Tyrosine #1,653,337 Creatine Modafinil (provigil) Ginkgo Biloba Ginsena RANKED Guarana TIME PLAYED Sade 97H 32M 3 Branch Chain Amino Acids #1,372,711 B Vitamins (B6, B12) LOSSES 170 Zinc #1,245,986 Magnesium DEATHS Ο 1,321 Folic Acid #1.379.274 Ο Niacin **WIN %** Something that claims to boost 43.1% Ο Ο performance #3,224,698 **KILLS/MATC** 2.14 #3,750,198 CASUAL TIME PLAYED #1.359.748 KILLS **755** #2,294,275



Survey Sample Questions and Tracker GG Data

SEASON

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.

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.



5	O V E R A					939 Matches	
г ммг 7 47	level 108	avg seasonal mi 2,500	AR TOP OPERA	TORS			
	WIN	I %	KILLS		KD		
	4	5.3 %	1,4	61	0.46		
	#4,	562,670	#2,561	1,753	#5,022,879		
	KD		DEATHS		HEADSHOTS		
	0.4	6	3,147		259		
	#5,02	2,879	#1,708,85	53	#3,271,310		
	LOSS 504	SES .	win % 46.3%	,)	TIME PLAYED		
	#1,47	4,484	#4,562,67	70	#1,633,829		
D	тоти	AL XP	MELEE K	ILLS	BLIND KILLS		
	6,4	25,730	95		1		
	#1,96	1,915	#1,060,57	72	#2,929,994		
			UNI	UNRANKED			
•	WINS		ТІМІ		WINS		
5	#1,543,4	418		25111 55	19		
	MATCH	IES	LOS	SES	MATCHES		
	299 #1 391	756			32		
	KILLS	,50	DEA	гнз	KILLS		
	640	200	81		66		
	#1,937,1	J20	WIN	%	KD		
	0.48	920	59 .	4%	0.81		
	#3,031,	MIN	KILL	S/MATCH	KILLS/MIN		
	0.11		2.0	6	0.17		
	#3,738,:	265					
	WINS	LOS	SES	MATCHES	DEATHS		
4S	287	32	1	608	1,745		
	#1,502,811	#1,2	09,095	#1,366,195	#1,442,55	4	
	WIN % 47.2%	кр 0.4	3	KILLS/MATCH	кіlls/м 0.10	IN	
	#4,371,089	#4,9	65,669	#5,042,105	#5,009,26	3	