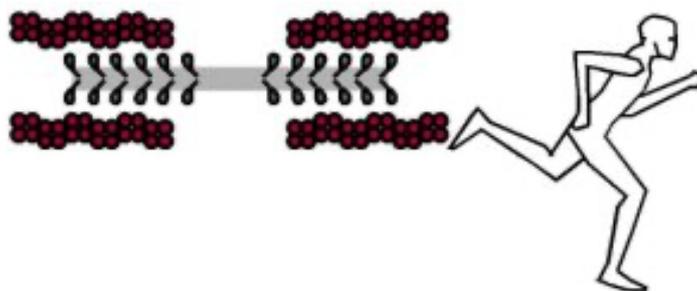


ACAGACACTG  
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TGGGGTGTCA



# Effect of caffeine ingestion on rifle shooting performance in biathletes under preceding physical load

Cooperation project of German Ski Federation, the Professorship of Exercise, Nutrition and Health (TUM) and the Professorship for Sports Biology (TUM)

## Master thesis in sports science

**Start:** Spring 2023 (data collection May – June 2023)

### Project description

Biathlon is a complex sport that combines cross-country skiing and shooting. Caffeine improves endurance performance but the effects on shooting performance during physical exertion are less clear. In a practice led cooperation with the German Ski Federation and German National Biathlon Ski Team this project aims to investigate the effect of caffeine ingestion on rifle shooting performance in elite-level biathletes under preceding physical load

### Requirements

High affinity for sports nutrition and high-performance sports

### Supervision

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