

ABSTRACT

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Title: Effects Of Acute Vs. 4-Week Ketone Ester
Supplementation On Human Substrate Oxidation During Aerobic Exercise
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The present study, *Effects of Acute Vs. 4-Week Ketone Ester Supplementation on Human Substrate Oxidation During Aerobic Exercise*, was abandoned in August 2020 due to state and University decisions to continue pausing non-critical, face-to-face research in order to limit contact between individuals during the global COVID-19 pandemic. Therefore, the study was developed into a survey, *The Impact of COVID-19 on Habitual Lifestyle and Health Measures and Ketone Ester Supplementation Knowledge in College Students*, that focused on aspects of diet, exercise, and sleep. A total of 435 participants consented to the study; however, only 331-357 participants answered every question. The survey was administered using an online survey tool called Qualtrics™ in which ordinal data was collected and generated into an analytical report. The original study had key components involving ketogenic dieting, ketosis, and ketone ester (KE) supplementation that would assist a change in substrate oxidation. The results of the survey indicate that most participants' lifestyle habits regarding diet, exercise, and sleep were negatively affected by the pandemic. The results also showed most participants were mainly interested in how KE supplementation would enhance weight (fat) loss, mood/attitude, and self-image rather than improve sport performance. The data collected from the present survey regarding participants' willingness to supplement with KE in order to improve mood, attitude, and self-image may suggest an underlying psychological problem resulting from COVID-19. The survey was an attempt to incorporate the main ideas of the original study in a way that is practical and relative during the Coronavirus pandemic, as well as foster a future endeavor for those that are interested in the potential lifestyle changes KE supplementation may produce.