



# SWEAT BY SPORT

BARNES KA, ANDERSON ML, STOFAN JR, DALRYMPLE KJ, REIMEL AJ, ROBERTS TJ, RANDELL RK, UNGARO CT, BAKER, LB. (2019) NORMATIVE DATA FOR SWEATING RATE, SWEAT SODIUM CONCENTRATION, AND SWEAT SODIUM LOSS IN ATHLETES: AN UPDATE AND ANALYSIS BY SPORT. J SPORTS SCI. [Link to Full Text](#)

For an in-depth look at **normative sweat data** in various sports, please see the paper on which this infographic is based.



1,022 team sport athletes were sweat tested using a **standard sweat patch technique**



Football has **higher whole body sweat rate and sodium losses** than other team sports



**BUT**, there is **HIGH inter-individual variation** within sports, reinforcing the need for individual testing regardless of sport

		Athletes Tested	Whole Body Sweating Rate (L/h)	Rate of Sweat Na <sup>+</sup> Loss (mg/h)
<b>AMERICAN FOOTBALL*</b>		<b>271</b>	<b>1.51 ± 0.70</b>	<b>1285 ± 846</b>
<b>BASKETBALL</b>		<b>196</b>	<b>0.95 ± 0.42</b>	<b>793 ± 487</b>
<b>SOCCER</b>		<b>268</b>	<b>0.94 ± 0.38</b>	<b>796 ± 441</b>
<b>BASEBALL</b>		<b>161</b>	<b>0.83 ± 0.34</b>	<b>625 ± 338</b>

*\*Significantly greater than the other sports*

While FOOTBALL players were found to lose the most sodium and fluid, these numbers suggest ALL ATHLETES could benefit from a fluid replacement plan.

