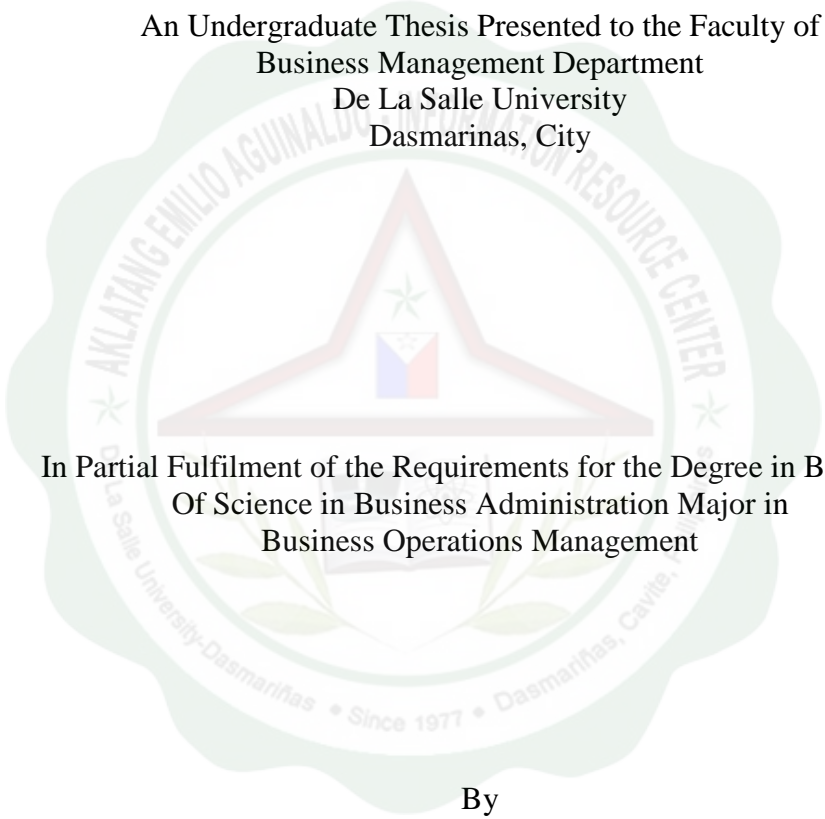


THE EFFECTS OF WHEY PROTEIN FOR PEOPLE
WHO LIFT WEIGHTS

An Undergraduate Thesis Presented to the Faculty of
Business Management Department
De La Salle University
Dasmariñas, City

The seal of De La Salle University - Dasmariñas is a circular emblem with a scalloped border. It features a central shield with a red triangle at the top, a blue triangle at the bottom, and a white triangle in the middle containing a green star. The shield is flanked by two green leaves. The text "AKLATANG EMILIO AGUIBALDO" is written along the top inner edge, and "DE LA SALLE UNIVERSITY - DASMARIÑAS" is written along the bottom inner edge. The words "BUSINESS MANAGEMENT RESOURCE CENTER" are written along the right inner edge. The text "Since 1977" is written at the bottom center of the seal.

In Partial Fulfilment of the Requirements for the Degree in Bachelor
Of Science in Business Administration Major in
Business Operations Management

By

Casimiro, Adrian

Kim, Kyu Hong

Garcia, Rafael Angelo

September 1, 2011

TABLE OF CONTENTS

Preliminaries

Page

ACKNOWLEDGEMENT	i
APPROVAL SHEET	ii
ABSTRACT	iii
TABLE OF CONTENT	iv
LIST OF FIGURE	v
LIST OF TABLE	vi

A large, light green watermark seal is centered on the page. It features a circular emblem with a scalloped border. Inside the circle, there is a stylized triangle containing a Philippine flag and an open book. The text around the circle reads "ATEDEO DE MANILA UNIVERSITY - INFORMATION RESOURCE CENTER" at the top and "Ateneo de Manila University • Since 1977 • Dasmarinas, Cavite, Philippines" at the bottom.

ABSTRACT

The main focus of this research study is to know the effects of Whey protein to the people who lift weights. Researches chose the said topic because this will give information as to the effectiveness of using whey protein .The purpose of this study is to analyze the effects of using whey protein. The sample selected by means of random sampling consists of **30 respondents**. The sources of the data were from the three different gyms. Golds Gym in Alabang, Well care Gym in Dasmarinas Cavite, and The Pumping Station in Dasmarinas Cavite. Several conclusions were made by the researchers after tallying and analyzing the results of the survey. Whey Protein helps to become stronger; Whey Protein gives endurance; and Whey Protein supplements are safe and have promising effects to the consumers. The result of the study shows that there is a significant change in the body figure and muscles of those who use Whey Protein and many body builders prefer drinking Whey Protein than other supplements.

TABLE OF CONTENT

	Chapter	Page
1	THE PROBLEM AND ITS BACKGROUND	
	Introduction	1
	Statement of the Problem	3
	Statement of Research Objectives	4
	Significance of the Study	5
	Scope and Limitation of the Study	6
	Definition of Terms	6
2	REVIEW OF RELATED LITERATURE AND STUDIES	
	Introduction	10
	Foreign Literature	10
	Local Literature	11
	Foreign Study	14
	Local Study	21
3	RESEARCH METHODOLOGY	
	Research Design	24
	Description of Respondents	25
	Sampling Technique	26
	Data Gathering Procedure	26

Research Instrument	27
Statistical Treatment of Data	28

4 **PRESENTATION, ANALYSIS AND INTERPRETATION
OF DATA**

The profile of bodybuilders in terms of name(optional),age, weight?	31
--	----

The manner of Whey Protein intake of the Bodybuilders?	33
---	----

The effects of Whey Protein to the Bodybuilders?	38
---	----

The possible risks of Whey Protein to the Bodybuilders?	39
--	----

5 **SUMMARY OF FINDINGS, CONCLUSIONS AND
RECOMMENDATIONS**

Summary of Findings	41
---------------------	----

Conclusions	42
-------------	----

Recommendations	43
-----------------	----

LIST OF FIGURE**Figure**

	Page
Figure 1	
Conceptual frame work	4
Figure 2	
Bodybuilders who takes Whey Protein	33
Figure 3	
Brand of Whey Protein which bodybuilders prefer	34
Figure 4	
How long the bodybuilders has been taking Whey Protein	35
Figure 5	
Dosage of daily intake of supplement of the bodybuilders	35
Figure 6	
The times the bodybuilders hit the gym	36
Figure 7	
Bodybuilders prefer to drink Whey Protein	37

LIST OF TABLE

Table	Page
Table 1	
Response code	28
Table 2	
Age profile of the bodybuilders	31
Table 3	
Weight profile of the bodybuilders	32
Table 4	
Effects of whey protein	38
Table 5	
Possible risk of the whey protein	39