

Evaluating the Nutrition Instruction that Registered Dietitians Provide to Student Athletes

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要旨

[Purpose] The purpose of the study was to examine how student athletes evaluate the nutrition instruction of registered dietitians, and to derive suggestions for future nutrition instruction strategies.

[Method] We delivered the nutrition instruction to two sets of students: male students of an average of 16 who were members of a high school long-distance relay running club, and female students of an average age of 18 who were members of a university volleyball club. The students received two rounds of group instruction followed by one round of individual instruction.

[Results] Where the energy intake goal was 3,315 kcal, we observed cases of inadequate intake ($2,896 \pm 634.7$ kcal).

Accordingly, for the group instruction, we focused on conveying the necessity of a balanced diet, dietary coping strategies for anemia, and the use of convenience stores. For the individual instruction, we focused on the kinds of foods the student in question should consume, and quantities thereof, to make up for inadequate intake. Among the male students, $35 \pm 19.8\%$ had never received such instruction before and 87.4% reported that the instruction had motivated them to make dietary improvements. Similar results were obtained for the female students.

[Conclusion] The existing style of nutrition instruction is almost adequate, but there should be better-tailored instructions matching the lifestyles of the learners.