

Ouachita Baptist University

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Apr 24th, 3:30 PM - 3:45 PM

### Assessing the Nutrition Knowledge of Track and Cross Country Athletes

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# Assessing the Nutrition Knowledge of Track and Cross Country Athletes

Emma Kathleen Conner



# STATS

76% of athletes arrive at practice and/or games already one percent dehydrated.

Roughly 84% of athletes have engaged in disordered eating patterns

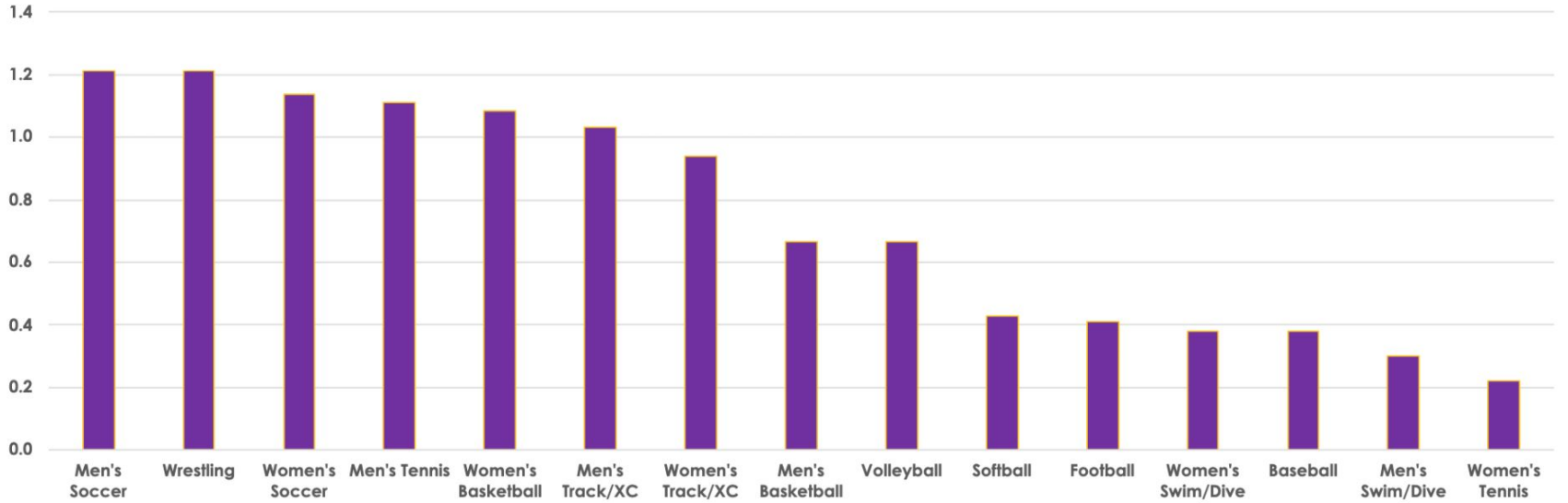
70% of female athletes have been found to be falling short in their energy needs

Appropriate sport nutrition education allows athletes the opportunity to fuel their bodies well, prevent injuries, and improve performance.

# 47% INCREASE

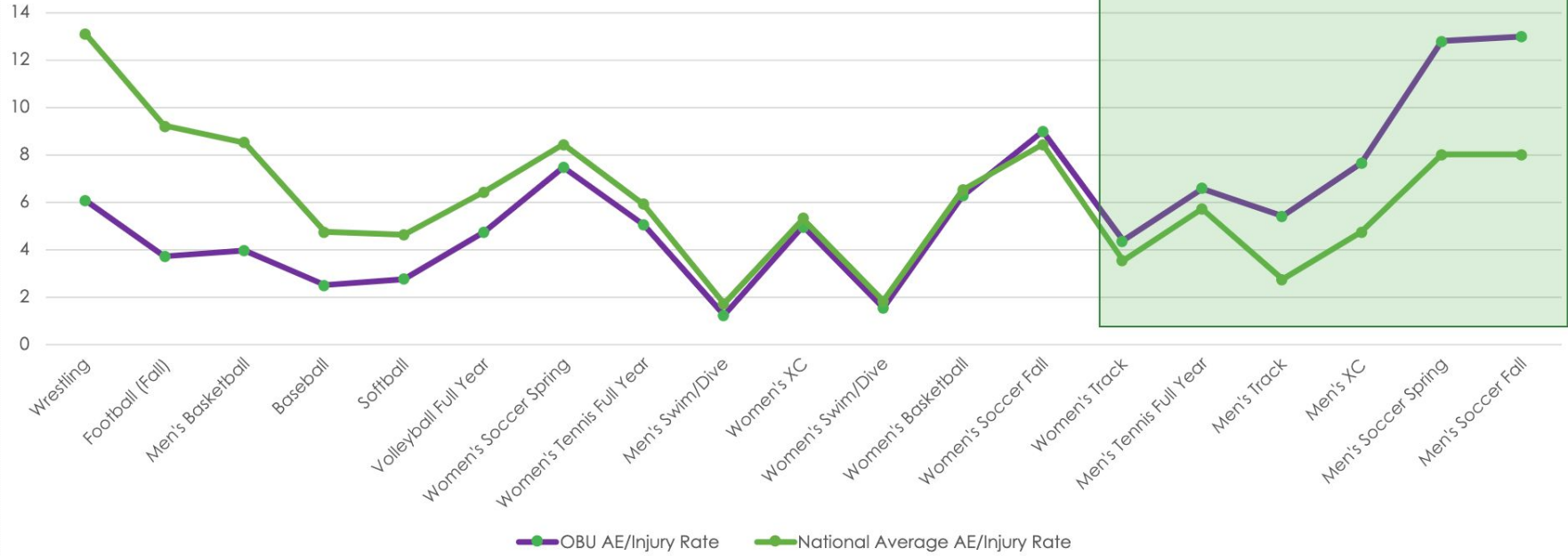
2022: 6,994 treatments VS 2023: 10,311 treatments

## Injuries/Athlete



**Injury Rate per Athlete by Team**

OBU vs National Average for Athletic Injury Rate



# SPORTS NUTRITION

\*Carbohydrate Intake

\*Protein Intake

\*Fat Intake

\*Hydration Status

\*Injury Recovery

HOW CAN WE HELP?



menus

BRIDGING THE GAPS

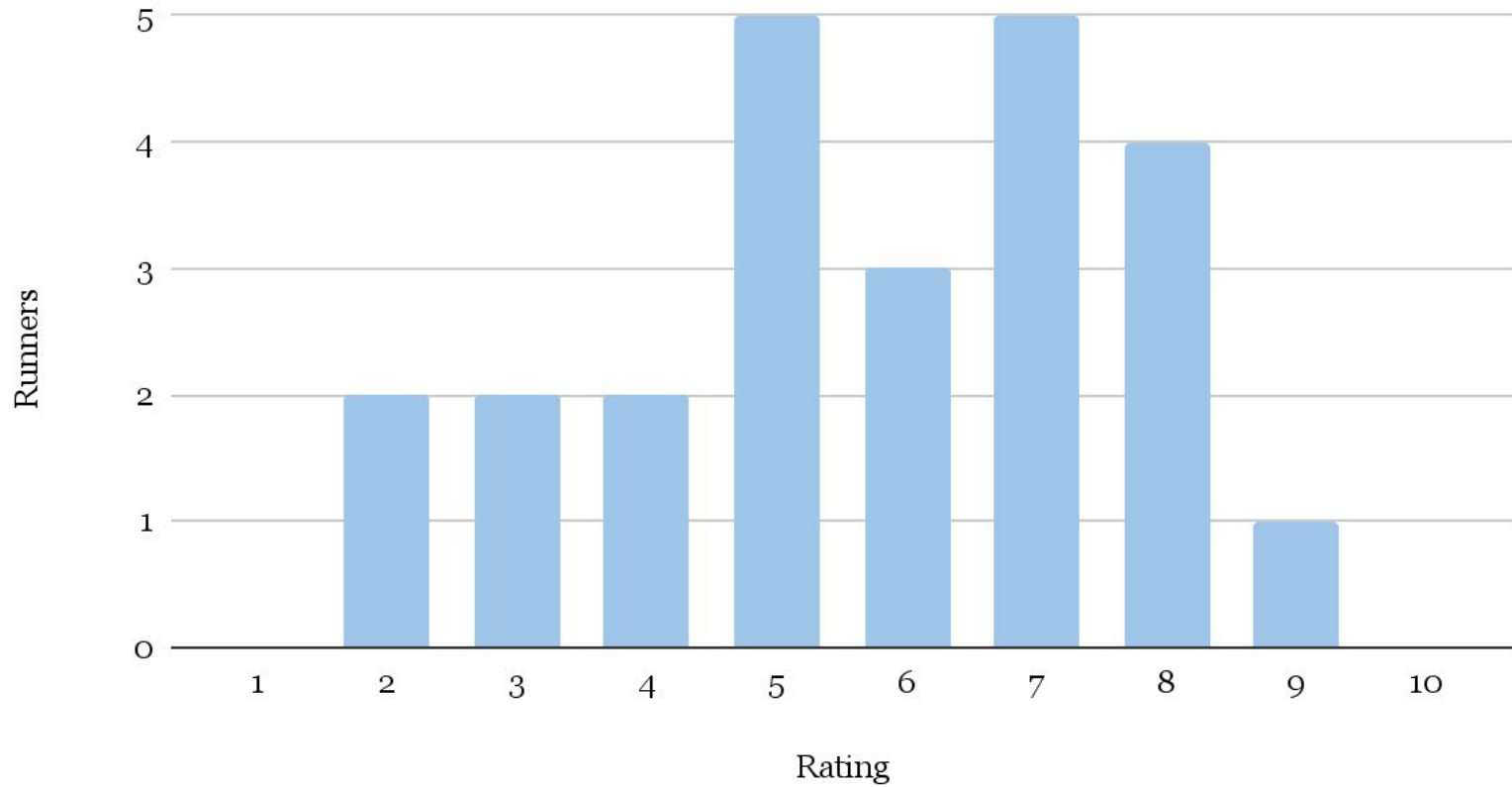
# Assessing Their Knowledge: PRE-TEST

\*Track & Cross Country

\*Survey

\*24 Responses

# Runners vs. Rating



@OBUTIGERSFUEL

#532987



#FFC417



#FFFFFF



#404041



#977EB7



#FFE18B



#79797A



Long-form Typeface: Times New Roman

**ATHLETICS TYPEFACE: NORWESTER**





WELCOME TO  
**OBU TIGERS FUEL**

**WE'RE SO GLAD YOU'RE HERE!**

# MONDAY

## BREAKFAST

Option 1: Scrambled eggs, 2 pancakes, side of fruit and glass of milk

Option 2: A bowl of oatmeal, turkey sausage links, and peach smoothie

## LUNCH

Option 1: Glazed ham, peas and carrots, baked potato, side salad, dinner roll

Option 2: Grilled ham and cheese sandwich, cup of broccoli and cheddar soup, side salad

## DINNER

Option 1: Salisbury steak, mashed potatoes, side salad, dinner roll

Option 2: Cajun chicken breast, roasted carrots, roasted potato wedges, side salad, dinner roll

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# DON'T FORGET!

## LISTEN TO YOUR BODY

Drink a glass of water with each meal, supplementing with Gatorade or chocolate milk as a recovery drink after practice!

## GET CREATIVE WITH YOUR PLATE

These meals are not exhaustive lists! Some of the best meals in the caf come from mixing and matching different menu items. Keep your personal preferences in mind when fueling your body!

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# WHEN IN DOUBT

## BAGEL/ TOAST STATION

Toast a bagel or some bread, add peanutbutter and a banana!

## SALAD BAR

Build a salad full of greens, veggies, add some protein (turkey, ham, chicken from sandwich station), cheese, and dressing of choice!

## SANDWICH STATION

Build a sandwich with bread of choice, veggies, meat(s) of choice, cheese, and sauce! Pair with carrots, side salad, or baked chips!

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ATHLETE OF THE WEEK

# MAKENZIE SCHILMOELLER

BASKETBALL

HOMETOWN  
BEDFORD, TX

MAJOR  
BIOLOGY

CLASS  
SENIOR

FAV PRE-GAME SNACK  
BANANA & PB

@OBUTIGERSFUEL

ATHLETE OF THE WEEK

# COOPER TIMMONS



SENIOR BASEBALL PLAYER

FAV PRE-GAME SNACK: TRAIL MIX

ATHLETE OF THE WEEK

# MILES SCHULZE

SWIM & DIVE

HOMETOWN  
MELISSA, TX

MAJOR  
BROADCASTING & COMMUNICATIONS

CLASS  
JUNIOR

FAV POST-MEET SNACK  
SUSHI BOWL

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# PRE-PRACTICE SNACKS

Before practice, you need a snack high in carbohydrates. They give you quick, ready-to-use energy for your workout ahead. Here are some of our snack recommendations that will give you sustainable, easy energy for the workout ahead!

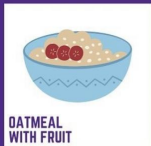
## 1-2 HOURS BEFORE



PB&J SANDWICH



A BAGEL WITH CREAM CHEESE



OATMEAL WITH FRUIT

## LESS THAN 1 HOUR BEFORE



APPLESAUCE



A BANANA



GRANOLA BAR

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# WAYS TO PAIR

Our ideas in pairing our choices to make a meal!



GRILLED CHICKEN CLUB



EGG WHITE GRILL



CHICK-FIL-A COOL WRAP WITH AVOCADO LIME DRESSING



GRILLED NUGGETS

+

+

+

+



FRESH FRUIT CUP



GREEK YOGURT PARFAIT



FRESH FRUIT CUP



WAFFLE POTATO CHIPS (GF)

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# GOOD SLEEP HYGEINE

## DON'T CONSUME CAFFEINE 8-10 HOURS BEFORE YOUR GOAL BEDTIME

This allows most of the stimulant to leave your body. Drinking caffeine close to your bedtime can cause difficulty falling asleep.

## TRY TO WAKE UP AND GO TO BED AT THE SAME TIME EACH DAY.

This causes your body to establish a rhythm, and you will naturally begin to feel tired at the same time every night, as well as wake up at the same time in the morning.

## TRY NOT TO DO OTHER ACTIVITIES IN YOUR BED.

Make your bed space exclusively for sleeping. This in turn will train your body to fall asleep once you get in at night.

## AVOID ELECTRONIC DEVICES RIGHT BEFORE BEDTIME

Your phone and computer screen emit blue light, which can interrupt your body's production of melatonin.

## AVOID NAPS OVER 2 HOURS DURING THE DAY

This can begin to throw off your circadian rhythm, or your sleep cycle.

## CREATE A GOOD SLEEP ENVIRONMENT

Try and sleep in a clean, cool, dark place, with some soft background noise, so your body is able to relax.

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## SPORTS DRINKS

### FACTS

- ◇ Sports drinks provide energy for optimal performance
- ◇ Sports drinks provide electrolytes to replace sweat losses
- ◇ A great sports drink has about 2 grams of carbohydrates per ounce

### RECOMMENDATIONS

- ◇ Gatorade
- ◇ Powerade
- ◇ Body Armor

## HYDRATION AND EXERCISE

### BEFORE

- ◇ It is important to be hydrated before the exercise begins
- ◇ Start drinking fluid at least two hours before exercise
- ◇ Drink about 24 ounces of water or sports drink two hours before exercise

### DURING

- ◇ If exercise is less than an hour, consume 4-8 ounces of water every 15-20 minutes
- ◇ If exercise is more than an hour, consume 4-8 ounces of water or a sports drink containing electrolytes every 15-20 minutes

### AFTER

- ◇ Drink about 16-24 ounces of water or sports drink for each pound lost during exercise

## REGULAR SPORTS DRINK VS SUGAR FREE SPORTS DRINK

### REGULAR

- ◇ Drink when exercise temperatures are high
- ◇ Drink when game or practice is more than one hour
- ◇ Drinking a sports drink is better than drinking nothing at all

### SUGAR FREE

- ◇ Drink when exercise temperatures are high
- ◇ Drink when game or practice is less than one hour
- ◇ Drink when you want something with flavor, but don't need additional energy

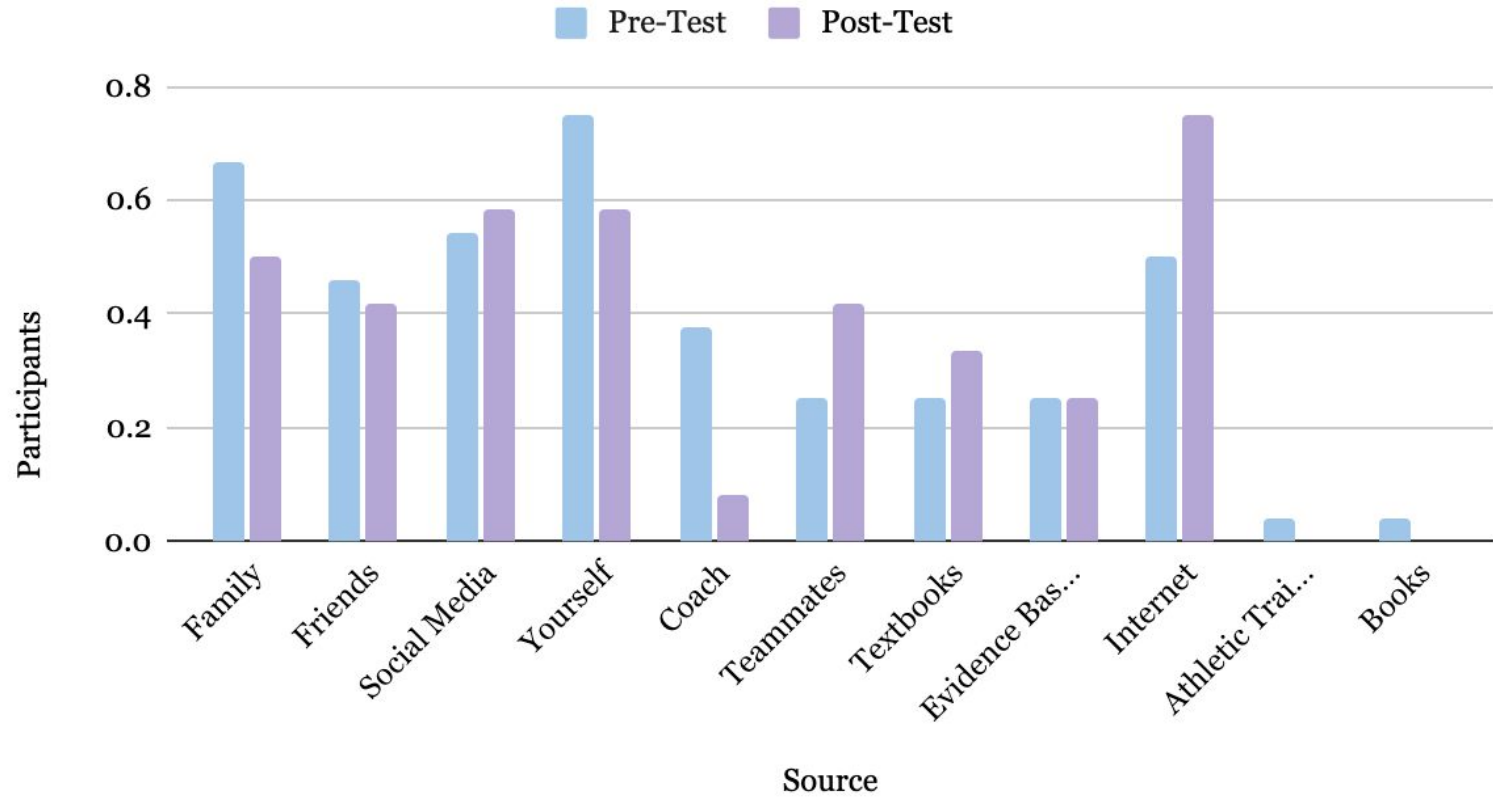
# Assessing Their Knowledge: POST-TEST

\*Survey

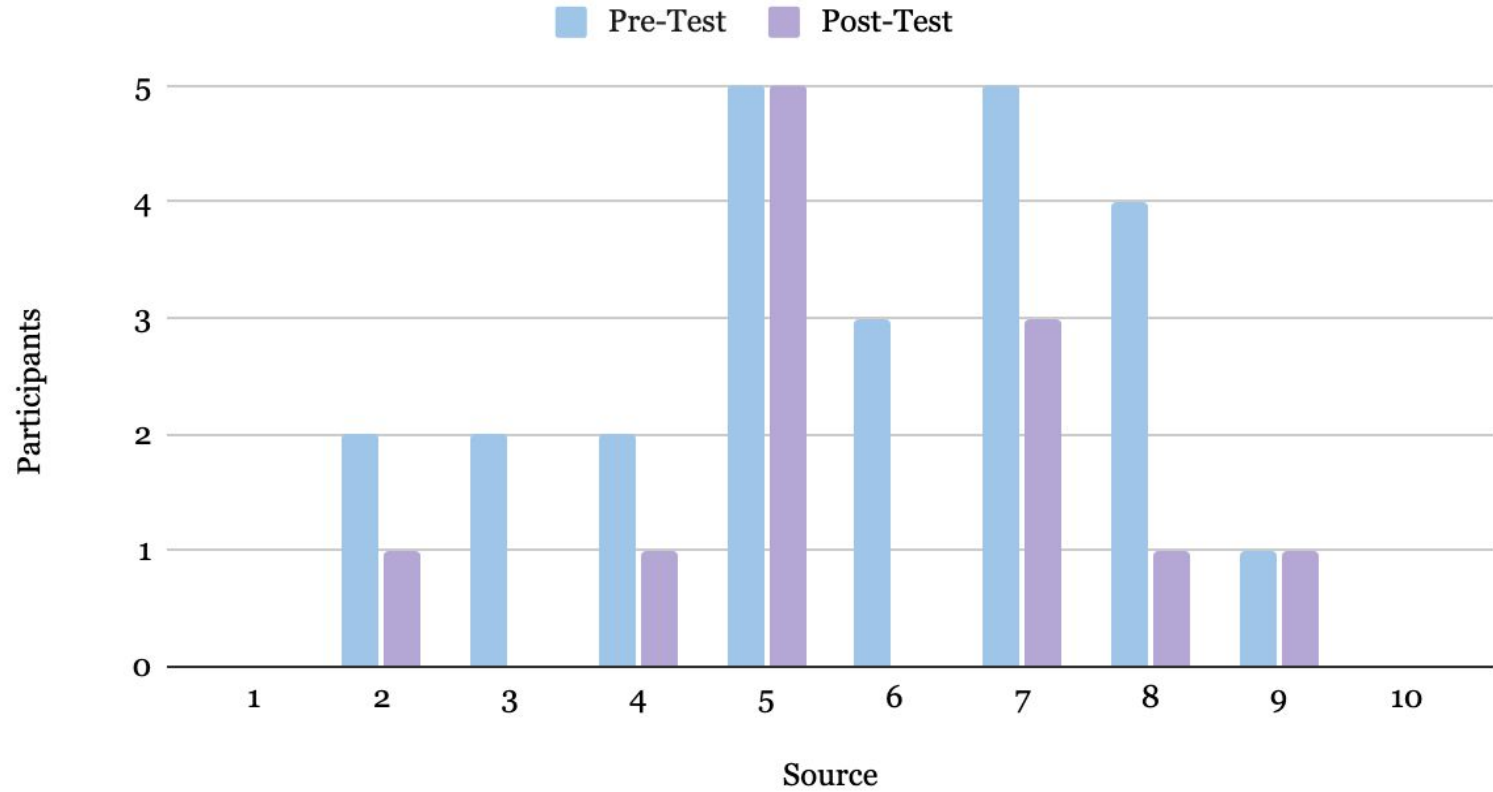
\*Early March

\*12 responses

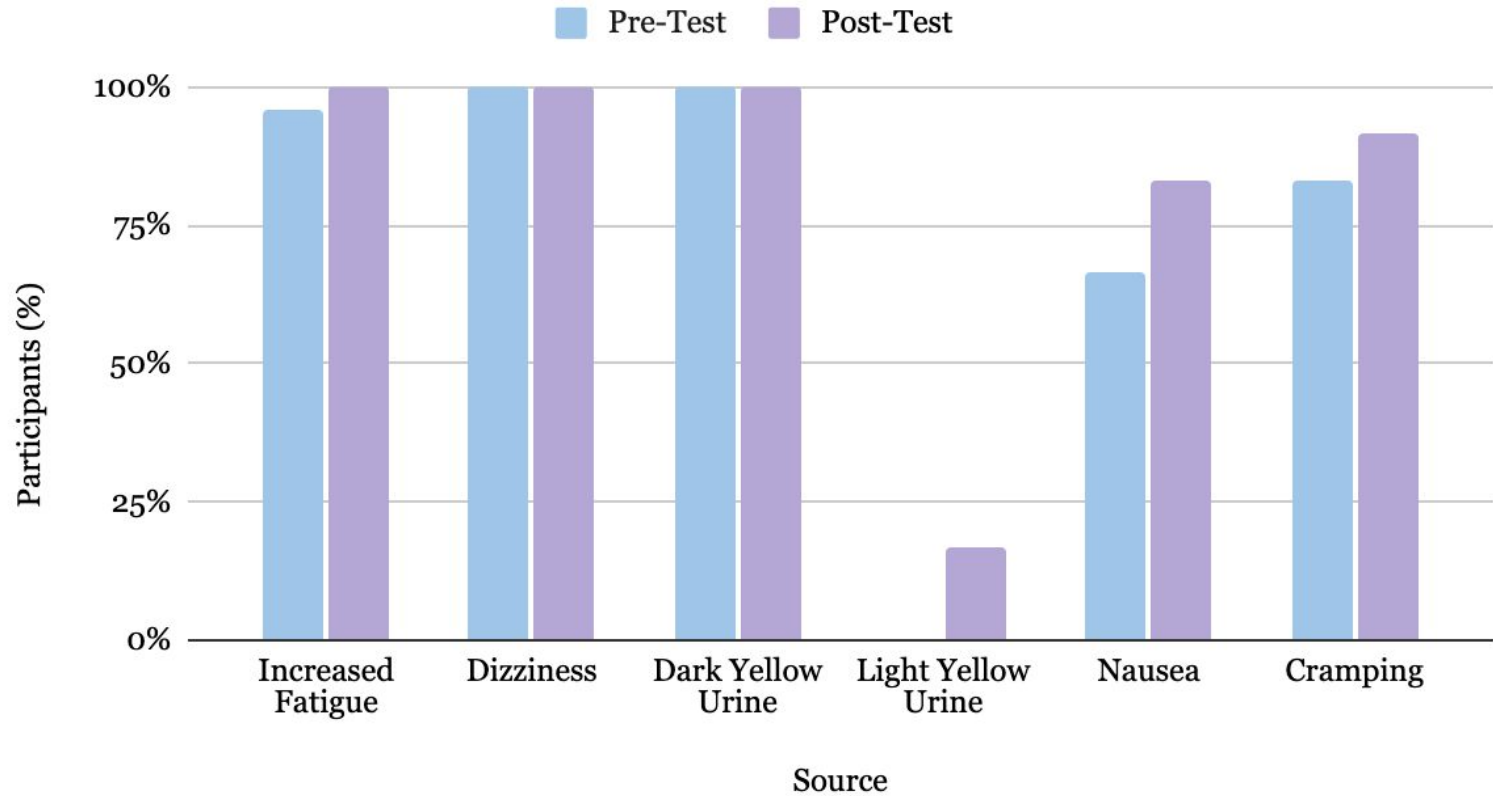
# Pre-Test vs. Post-Test



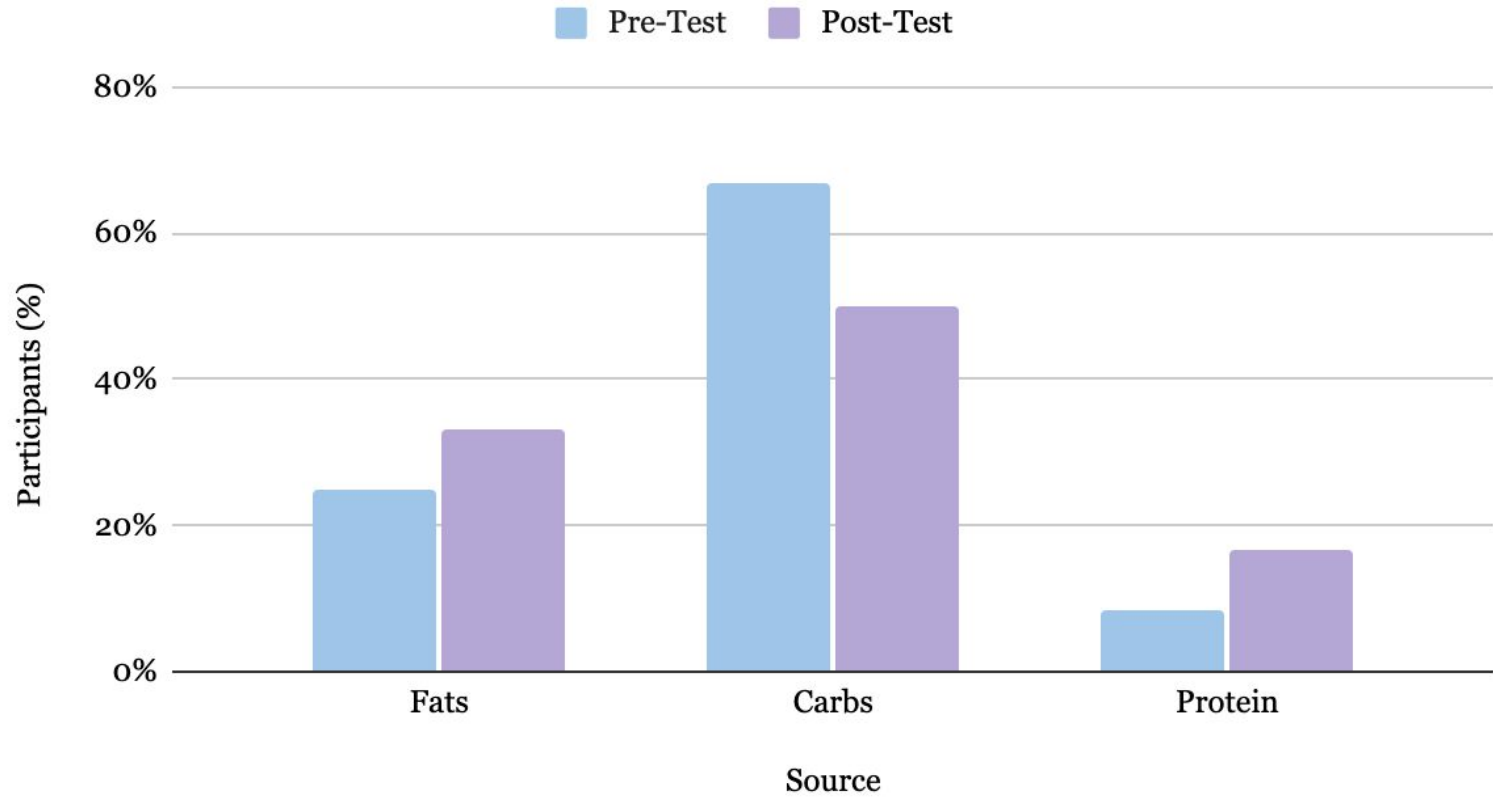
# Pre-Test vs. Post-Test



# Pre-Test vs. Post-Test



# Pre-Test vs. Post-Test





# LIMITATIONS

# What does this mean?

It is significant to know the nutrition knowledge levels of athletes, especially at Ouachita when injury rates are high.

Extreme need for a sports dietitian

- \*aiding athletes on campus with specific nutritional needs.

- \*prioritize the overall health of the athlete that includes both physical and mental needs.

- \*injury rates among athletes at Ouachita would decrease significantly and performance would increase.

THANK YOU!