

Research Note

Relationship between the physical condition and nutritional intake in professional football players

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ABSTRACT

We analyzed the nutritional behavior, nutritional intakes, and changes of the body composition in football players who moved into the dormitory of JEF United Ichihara/Chiba. We categorized the subjects into two groups; one comprising players with a growing number of complaints (Group A) and the other comprising players with a decreasing number of complaints (Group B) during the season. The study was carried out in August and November, the middle term and final term of the season, respectively. Awareness of the nutritional behavior consisted of three factors, namely, performance, nutrition, and preferences. Players of Group B showed high scores for the awareness of performance. Scores awareness of nutrition and preferences were also comparatively high in Group B, although the differences were not significant. Furthermore, Group B also showed high scores for intake of various nutrients, including iron or vitamin B. In particular, energy intake was significantly higher in the final term in November. We also found out that the expression of complaints had no direct impact on the body composition. These results suggest that an awareness of the nutritional behaviors and amounts of nutrient intake could influence the tendency towards complaining during the season. Thus, any deterioration of the physical condition could be detected earlier with improved awareness of the nutritional behavior or attitude than from changes of the body composition.