

# ABSTRACT

## Instruction on the Japanese sports nutrition diet (the so-called nutrition full-course) is beneficial for high school boys belonging to an athletics club

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### Background

We investigated the effect of teaching the Japanese sports nutrition diet (the so-called nutrition full-course), consisting of staple food, a main-dish, two side-dishes, soup, milk, and fruit to high school boys belonging to an athletics club.

### Methods

Forty-six high school boys received instruction on sports nutrition (a 30-min lecture + 120-min cooking practice) during their lunch time. To compare meal consciousness and nutritional lifestyle, we designed questionnaires and administered them before and after instruction.

### Results

On the basis of factor analysis results meal consciousness questionnaire was classified into three patterns, ("vegetables consciousness type," "calorie consciousness type," and "dessert consciousness type.") and nutritional lifestyle was classified into two patterns, ("sports nutrition consciousness type" and "breakfast consciousness type"). The scorers for all of these patterns except "the breakfast consciousness type" increased significantly after the sports nutrition instruction. Satisfaction with cooking increased significantly after the cooking practice instruction. In addition, among the free opinions expressed in the questionnaires, the most frequent comment [made by 11 (44%) subjects] was that "cooking was fun."

### Conclusions

These results suggest that sports nutrition instruction and cooking practice are beneficial for high school boys belonging to an athletic club, which is encouraging information for sports nutritionists.

**Key words** high school, exercise, club, cooking practice, sports nutrition