

Practical Activity Report

Nutritional support for College football players during the regular season

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ABSTRACT

【Aim】

In American football, each player has his/her own role according to the position in the field formation. In practical terms, coaches and managers are often concerned about typical weight loss that occurs during the regular season resulting in poor performance. Thus, we classified the players into two groups according to their positions and provided individualized nutritional support aimed at sustaining or increasing their body weight.

【Methods】

Candidates were 26 college football players from O University who agreed to participate in the study. We provided group guidance three times, and individual tutorials, such as meal planning review at each lunch time, to 10 "Line" players who had lost a significant amount of weight during the previous season. On the other hand, we distributed handouts, answered questions, and provided individual counseling concerning meal planning on demand to 16 "Back" players who did not show any weight loss. We conducted physical measurements, meal balance analyses and a survey of the players to determine their dietary awareness and comprehension of sports nutrition before and after the two-month intervention period, and compared the results.

【Results】

All the players who received nutritional support showed maintained body weight or increase of the body weight throughout the regular season. Among the "Line" players, the number of players who paid attention to "better meal balance" increased. In regard to the "Backs" players, more players recognized "the importance of meal planning in winning a game"; consequently, the players developed their knowledge and awareness concerning nutrition and diet.

【Conclusion】

The body weight of the college football players who participated in this study increased significantly, indicating the positive effect of the nutritional support.

Keywords: American football, college student, physical measurement, meal balance guideline, dietary awareness