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Needs analysis of the participants in lecture sessions on sports nutrition

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ABSTRACT

The aim of this study was to analyze the needs of the participants from lecture sessions on sports nutrition, to deliver more effective lectures. as no previous research had been conducted domestically on this topic. The subjects of the analysis were 198 participants of lecture sessions on sports nutrition held in the southern part of Nagano prefecture. We conducted a questionnaire survey on the needs of the participants from the lecture sessions at the end of the event. The results revealed that 64% of the participants preferred lecture-style sessions. High school students and students of a nutritionist training course in junior college tended to seek nutrition information designed for his/her generation from the lectures. Currently employed dietitians tended to show stronger interest in lectures focused on the nutrition education for junior high school students. Furthermore, teens and those in their twenties showed a trend towards not only wanting lectures, but also desiring sessions on cooking practices.

Keywords: sports nutrition, lecture session, needs