

Practical Solutions

## **A Case Report of a Nutrition Course (Lecture + Cooking Practice) for Mothers of a High School Baseball Team Members and Female Managers for Weight Gain**

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### ABSTRACT

#### **【Aim】**

There are several research reports on cooking practices for male high school athletes, but few reports on cooking classes designed for their parents (especially mothers) and female managers. In this study, we conducted a sports nutrition lecture including a cooking practice session, for the mothers and female managers of athletes, focused on weight gain of the athletes.

#### **【Methods】**

The participants were 14 mothers whose sons were players of a high school baseball team and 4 female managers, who agreed to participate in the study. A questionnaire survey was conducted at the end of the 3-hour sports nutrition lecture (lecture + cooking practice session).

#### **【Results】**

Before the course, the mothers wanted to learn about dietary balance and weight gain for athletes, while the managers wanted to learn about improving the athletic performance and weight gain of the athletes. In the comments after the course, the mothers mentioned their willingness to improve the menu and have a dialogue with their children, while the managers mentioned nutritional intervention for athletes and their desire to gain more knowledge.

#### **【Conclusion】**

The results of this study indicate that a single sports nutrition lecture on weight gain provided a high level of satisfaction and proper knowledge of nutrition to mothers and female managers of a high school baseball team, as the lecture was provided along with a cooking practice session.

**Keywords:** high school baseball, parents, cooking practice, KJ method, sports nutrition