

Activity Report

Nutritional Support for the Japanese National Fencing Men's Foil Team

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ABSTRACT

【Aim】

Fencing Men's Foil was selected as a target event for strengthening in the Team "Nippon" multi-support project of the Ministry of Education, Culture, Sports, Science and Technology (MEXT), towards the aim of winning a medal at the London Olympics, and nutritional support for the athletes had been provided from August 2009. This report provides an overview of that project.

【Methods】

The first step was to conduct a diet survey and assessment of the body weight and composition of each athlete. Then, the athletes were encouraged to develop the habit of thinking about the relationship between weight fluctuations and dietary intakes, together with training by monitoring these parameters.

【Results】

The results of the diet survey conducted during the away games (games played abroad) showed that the intakes of protein and fat were high, whereas the intake of carbohydrates was low. Feedback on the results was provided to each athlete, and advice was given on how to choose restaurants and menus based on the results. The weight monitoring was continued during the away games, and efforts were made to understand the causes of fluctuations together with the athletes.

【Conclusion】

The athlete who had large pre-game weight fluctuations in 2010 succeeded in managing his body weight in the pre-Olympic training camp for the London 2012 Olympic Games, and as a result, succeeded in proper conditioning of his body.