

Activity Report

A study of the hydration status of Japanese national badminton players during games

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ABSTRACT

We provided nutritional support to the Japanese national badminton team, with the goal of enhancing the players' own nutritional conditioning abilities, which would be expected to improve the international competitiveness of the team, in response to a request from the Japan Badminton Association. As part of the assessment, the JISS Nutrition Group attended the international badminton tournament for the first time and conducted a survey of the hydration status of the Japanese national team players during the tournament. The data based on actual measurements were easily understood by the players and was also effective for providing nutritional education to individual players and to the entire team after the tournament. However, it was difficult to monitor the hydration practices continuously following the study.

Therefore, in cooperation with the National Sports Federation staff, we encouraged the athletes to weigh themselves before and after the training at national team training camps, which are held about 10 times a year, and to check if their weight loss exceeded 2%. Finally, we are trying to raise the awareness of the players about the importance of hydration as an initiative for the entire national team.

It is a challenge for the future to establish criteria and methods of evaluation for mid-term and short-term goals, and to develop a sports nutrition management program that would address a wider range of issues faced by individual athletes. Further building of relationships of trust with the athletes and the NF staff is important for registered dietitians specializing in sports to provide the necessary nutritional support to athletes. We believe that it is important to continue to provide nutritional support in cooperation with the people involved in sports organizations and experts in various fields, so that we can continue to contribute to the strengthening of the Japanese badminton team for the Tokyo Olympic Games.