

Original Article

# Necessity of nutritional support in the top sports scenes

Jun SEINO\*1, Mitsugi OGATA\*2

\*1Morinaga & Co., Ltd. WEIDER TRAINING LAB

\*2University of Tsukuba

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## ABSTRACT

### Aim

The purpose of this study was to investigate the necessity of nutritional support in the top sports scenes.

### Methods

A self-administered questionnaire survey was conducted with top athletes (n = 67) and their coaches and trainers (n = 56) from April to July, 2013. Using the KJ method, qualitative data were categorized and schematized. Other data were analyzed statistically using SPSS. The rate of valid replies was 100%.

### Results

The necessity of nutritional support increased; however, there were athletes and coaches who did not require any support. This was due to the following: 1) environmental factors, 2) on-actual feeling of the support effect, and 3) the method for the assessment of necessity. In addition, the most important types of support that are useful for enhancing performance are those that aid in the maintenance of the condition and recovery from fatigue. However, the various demands for such support were complexly intermingled.

### Conclusion

The necessity for nutritional support has increased in recent years; however, the various demands for such support are complexly intermingled. Also, some top athletes and their coaches do not feel that nutritional support is necessary. From these results, it is suggested that assessments to discern the type of nutritional support required are important.

**Keywords:** Nutritional support, Sports nutrition, Top sports scenes, KJ method