

Practical Solution

## **Weight management of adult male football players during the game season**

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### ABSTRACT

#### **【Aim】**

Approximately 60% of the male adult football club players targeted for the support reported that they tend to lose weight during game season, from April through September, especially after each game. Therefore, we provided nutritional support to the players, with the long-term goal of allowing them to maintain their body weight change within 2% during the season. The mid-term goal was to enable each player to estimate his own energy intake.

#### **【Methods】**

Of 26 players aged between 19-32 years from the target football team, 17 were selected, after excluding 9 players who wished to decrease their body fat. The body weight and composition were assessed as indicators of the long-term goals, and nutritional intake was estimated from players' self-reported food record and photographs, as an indicator of the mid-term goal. The estimated energy requirement at the start of the support was calculated with the physical activity level set at 2.0, and the energy supply was determined with reference to this level. Thereafter, in individual sessions, the players were given advice on the amount of energy they should consume based on their body weight changes. At the same time, group instruction was provided on the method of energy intake during post-game recovery. The action plan was established by selecting the action goals that each player could implement from among the options available.

#### **【Results】**

Of the 17 players, 16 continued to receive nutritional support (retention rate 94%). At the end of the season, the body weight was maintained in 8 players, increased in 3 players, and decreased in 5 players, and the overall goal achievement rate was 50%. Many of the players who could not maintain their weight had difficulty in performing self-monitoring of their weight during the season.

#### **【Conclusion】**

Body weight is one of the simplest conditioning indicators for athletes, and its management is thought to be an effective strategy for preventing sports injuries and maintaining physical fitness in the players. It was also suggested that installation of multiple weight scales may encourage players to perform self-monitoring of their body weight, leading to improved conditioning.

**Keywords:** adult male players, football, weight management