

Activity Report

Nutrition support for the Japanese national badminton team in preparation for the 2016 Olympic games in Rio de Janeiro

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ABSTRACT

The Japan Institute of Sports Sciences (JISS), the institution that is commissioned to conduct research by the Japan Sports Agency, is the central body that provides medical and scientific support to the Japanese national badminton team. I, as a national registered dietitian, have been in charge of providing nutrition support, within the framework of the JISS, for our national badminton team since 2014, to improve the condition of the players throughout the year.

We first conducted surveys to clarify if there were any nutritional problems among the players. Next, based on the results of the surveys, we established individualized recommendations for nutrient targets and provided nutrition education to resolve the identified problems. At the beginning of 2014, two items were surveyed: “Hydration during a match” and “Changes in body composition throughout the year.” In 2015, “Dietary management during tournaments” and “Iron nutrition status” were surveyed, bringing the total to 4 items.

Through these support interventions, the players acquired adequate nutritional knowledge and put it to practice, which led to a significant increase in the lean body mass and a tendency towards decreased body fat percentage in the players. Taken together, these outcomes suggest that our nutrition support intervention has been one of the important factors contributing to the recent achievements of the team in international tournaments, including in the Rio de Janeiro 2016 Olympic Games.

Keywords: Japanese national badminton team, nutrition support, Rio de Janeiro 2016 Olympic Games