

Brief Report

Behavioral characteristics of dietitians working with athletes: Effects of years of experience

Hitomi INOUE ^{*1}, Michiyo KIMURA ^{*1, *2}

^{*1} Graduate School of Health and Welfare, Takasaki University of Health and Welfare

^{*2} Department of Nutrition, Faculty of Health and Welfare, Takasaki University of Health and Welfare

ABSTRACT

【Aim】

The purpose of this study was to describe the behavioral characteristics of dietitians who have worked with athletes and to elucidate the relationships between these characteristics and years of experience.

【Methods】

We developed a 40-item questionnaire using a semantic differential technique to assess behavioral characteristics in situations requiring collaborations between sports dietitians and other professionals and administered the questionnaire via the Internet to 160 dietitians with experience working with athletes.

【Results】

Based on data gathered from 159 respondents (99.4%), a significantly higher proportion of experienced dietitians who had worked with athletes for 10–20 years were willing to analyze the causes of problems in difficult situations, compared with less-experienced dietitians (2–5 years of experience). In addition, the results showed that dietitians with more than 20 years of experience can maintain a flexible attitude in the face of unexpected situations.

【Conclusion】

Our results suggest that the behavioral characteristics of dietitians may change depending on their years of experience working with athletes.

Keywords: dietitians working with athletes, years of experience, behavioral characteristics, competency