Nutritional knowledge, attitude and practice among university level female football players

VINTI DAVAR, SHWETA SAINI AND NEETU PUNIA

ABSTRACT: Sixty university level female football players were selected for the present study from district Kurukshetra. The selected players represented different universities during Inter-University football tournaments held at Kurukshetra University. A well structured questionnaire was personally administered to the subjects. The questionnaire contained thirty two questions about nutrition knowledge, attitude and practice. The results were analyzed using arithmetic mean, standard deviation and percentages. The subjects exhibited average nutritional knowledge about hydration (55.55 per cent) followed by carbohydrates (46.29 per cent), protein (37.03 per cent), fat (37.03 per cent), vitamin and minerals (27.77 per cent). Knowledge and attitude have great influence on day to day practice in sports. Since our athletes rely heavily on peers, family and coaches for nutrition information effort is clearly needed both in counseling and imparting nutrition education to our athletes and coaches during training programmes.

KEY WORDS: Nutritional knowledge, Attitude, Dietary practice