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Effect of nutrition education programme on school going girls participates in sports activity

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Abstract

Sports nutrition is an important field of study yet nutrition plays a crucial role in a sportsman life. Most of the girls athlete depends upon diet, like carbohydrates, protein, minerals etc during physical activity. The main objective of study is to aware school girls for good intake of nutrition. A girls athletes nutritional plan has a direct impact on her overall performance Therefore the purpose of study was to convey schools girls about nutritional education programme. The nutrition education program helps girls athletes on a very small skill base, but attitude and behavior helps to improve health and sports performance of the girls athlete. The process of imparting nutrition education to a girls athlete is very easy because at home a mother plays a role of coach, in which mother taught various things to girls athlete. In schools a teacher shared his knowledge with girls athlete by using chart, poster, flash card, leaflet/pamphlet, power point presentation etc. The result of the anthropometric measurement shows that majority 74% of the selected sports girls were under normal weight. The investigation of this study shows that most of sports persons have insufficient knowledge of nutritional diet. Nutrition education mean to prepare aware girls athlete for better use of nutrition.

Keywords: Sports, female, sports activity, nutrition education, girls

Introduction

Nutrition is a most important part of our life for, the development and maintaining good health. Important nutrients includes carbohydrate, protein, fat, vitamin, minerals and water. Normally 85% of daily energy use is from carbohydrates and fat and remain 15% from protein. Requirement of nutrients for human body is according to age and the state of sports activity. Sports nutrition is a specialization within the field of nutrition that partners closely with the study of the human body and exercise science. Differences may exist in specific nutrients needs along this designated spectrum of sports person creating the exiting challenge of individualizing sports nutrition plans. Sports nutrition is a marginalized area of study yet nutrition plays a major role in good sportsmanship. Sport nutrition focuses on the link between dietary nutrients and sports person performance.

Nutrition and sports activity Nutrition has its own importance in the field of sports and health outfit, it is most frequently considered in strength sports (such as:- weight lifting and body building) and endurance sports (for examples :- cycling, running, swimming, hand ball, hockey, football, archery and basketball). Nutrition plays an important part to optimizing the performance of those who undertake regular training for improvement of s performance. Most of sports person take part in exercise at a different level, usually with the aim of maintaining health or assisting in the loss of weight.

Necessity of Nutritios for sports person

Throughout the period of exercise energy is required for muscle contraction will change extremely. For further use of energy human body store carbohydrate, primarily in the form of glycogen in the muscles and liver has limited and insufficient space. The individual who engaged in sports activity has to maintain their glycogen stores by consuming approximately 65-70% of total daily energy from carbohydrate. The recommended daily carbohydrate intake for athletes ranges from 6-10 g/kg body weight. Sports person involved in sports activity are required for higher level of protein intake than 0.8 g/kg body weight per day,

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regardless of the mode of exercise (endurance, resistance, etc) or training Fat is needed to help access the stored carbohydrate (glycogen). Fat percentage for a sport person should range between 20-35% of total daily calories. Current dietary guidelines recommend that 10% of fat intake should come from monounsaturated sources, 10% from polyunsaturated sources, and no more than 10% from saturated fat. About 99 percent of the calcium in the body is stored in the skeletal system, while the remaining 1 percent is present in other cells, such as muscle cells. Calcium intakes ranging from 200 mg/day which has a main role in the prevention of stress fractures both of the elderly and elite female sports person. The iron intake is 15-18 mg/d. and 10-15% iron to a absorbed your body. Good iron rich sources included in a diet such as:- green leafy vegetables, amla, meat, til and beetroot. Optimal hydration can be achieved by drinking 150-350ml of fluid every 15-20 minutes during activity.

Objective

The main objective of this study was to find out the effect of

nutrition education programme on school going girls athlete involved in sports and exercise.

Development of Tool

The investigation of study was designed to obtain information from all sports girls, on their General Information such as :- educational qualification, religion, type of family, height, weight, BMI (basal, metabolic index), socioeconomic background and food habit, Assessment of Nutritional Knowledge and Health care Practices. Nutritional knowledge profile included the data about the nutrients and dietary assessment. The attention information on food consumption pattern sports female was gathered, the intake of macro nutrients and micro nutrients were also gathered. Nutrition Education Nutrition education programme was developed for sports female, consisting of four hours in a week. The association class included power point presentation-sports nutrition knowledge, causes, importance, problems, charts-importance, poster-problem, nutrients knowledge, body cleaning, foods knowledge, pyramid-five foods group and bulletin board sports related information.

Table 1: Dietary habits of selected sports girls

S. No	Particulars	Percent
1	Diet	
	Vegetales	40
	Non Vegetarin	26
	Ov Vegetarin	34
2	Carbohydrates Lodaing Before Event	
	Always	90
	Rarely	10
3	Nutrients consumption	
	Fats, protein, carbohydrates,	10
	vitamins, minerals water	15
	All	65
	DON't know	10
4	Preference of Junk Food	
	Bakery	50
	Chat	30
	Others	20
5	Daily meal pattern	
	Three	20
	Four	20
	Above four	55
	Don't follow any meal pattern	5

Dietary Practice

Dietary Habits of Selected Sports girls athlete. The above table shows that 40% sports female were vegetarian, 26% were non-vegetarian and 34% were vegetarian and on the basis of carbohydrate loading before event the 90% sports female were always agree but 10% were rarely agree. On the basis of nutrients utilization 10% sports female devour fat, protein, carbohydrate and 15% consume vitamins, minerals, water, and 65% sports female consume all of them nutrients and 10% sports female don't know about the nutrients. 50% sports female prefer junk food like bakery item, 30% eat chat and 20% take other item. On the basis of daily meal pattern 20% sports female take three daily meal pattern, 20% take four meal pattern, 55% female take above four meal pattern and 5% don't follow any meal pattern. In the present study, almost all participants had preference for junk foods and 54% preferred bakery items. The data is not surprising considering the prevalence of fast food in today's world.

Effect of Nutrition Education on the Nutrition knowledge of Selected Sports person

Sports girls gets most of their nutritional knowledge from parents, coaches, and peers, still many sports girls knowledge were lacking and incorrect. The lack of accurate information may lead to an increased chance of sports female developing one or more aspects of the girls athlete triad due to poor food choices and the resultant nutritional inadequacies mentioned previously.

Conclusion

This study shows that girls athlete have less knowledge regarding nutrition and balance diet. Nutrition knowledge involvement has definitely created awareness among the selected sports girls which in long run help to improve their nutritional status and their performance during sports activity. Therefore, we have to give the knowledge to our nation and our whole community for the better education and their good

health. So the nutrition of the sports person is very important for the good health, strength and their growth and development of the body. Nutrition education has definitely improved the nutritional knowledge of the selected sports female.

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