



FIKK Education Student Knowledge Survey on Sports Nutrition

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Abstract: *Sports nutrition has a direct impact on the current physical condition of the body or the physical preparation of the athlete depending on the nutritional status of the athlete involved. The sample consisted of 18 postgraduate students specializing in Physical Culture, Faculty of Sports and Physical Education from Makassar State University. When we look at the overall results, it can be concluded that the students' knowledge of sports nutrition is at a very satisfactory level, especially when comparing the results with the previous research knowledge of athletes and coaches about sports nutrition. Out of a total of 360 responses, 310 answers were correct, or 86.1%. No matter how talented an athlete is in the sport they train or train, motivated and well-trained, the line between defeat and victory is usually very thin, and as the most important link imposes sports nutrition. The results of an athlete and that you can depend on the quality, quantity and timing of the diet entry.*

Keywords: *students, sports nutrition, and health status*

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INTRODUCTION

For decades it has supported the theory that since sports competitions existed, the question of what to eat and drink to improve athletic performance has been present. Optimal nutrition can reduce muscle fatigue and allow athletes who spend longer under the weight of training and compete to recover faster. Sports nutrition has a direct impact on the current physical condition of the body, i.e. the physical preparation of athletes depends on the nutritional status of the athletes involved. According to most of the research done in the world, athletes get the most information from their coaches when it comes to sports nutrition, and especially from fitness coaches. There is not just one diet plan that can help improve your ability to compete. When planning a nutrition model, energy requirements, macronutrient composition of the food, micronutrient intake and fluid balance of athletes should be taken into account. The purpose of this study is to find out the knowledge of Physical Education students about sports nutrition.

METHODS

(Aspenes, 2009) The sample of respondents consisted of 18 postgraduate students of Physical Education at the Faculty of Sports and Physical Education at the State University of Makassar. Students' knowledge of sports nutrition is determined through appropriate standardized questionnaires that are taken over and modified. The questionnaire is designed



to determine students' knowledge of sports nutrition, the ingredients needed to provide sufficient energy for training and competitions, dietary supplements, pre-competition foods, and dehydration and rehydration during training and competitions. The poll was anonymous. The data obtained were processed by statistical procedures, using statistical packages, which provided insights into the quantitative and qualitative value of the research.

RESULT AND DISCUSSION

Table 1 shows the questionnaire with questions that respondents answered, as well as the ratio of correct and false answers. If we look at the overall results, it can be concluded that students' knowledge of sports nutrition is at a very satisfactory level, especially when comparing the results with previous research on the knowledge of postists and sports coaches about sports nutrition. Out of a total of 360 answers, 310 correct answers were achieved, or 86.1%.

Table 1. The Style and Its Function ← 10 pt

Questions offered to respondents in the survey questionnaire	Correct answer	The Relationship Between True and False Answers
1. Is protein a major source of energy?	N	18-0
2. Excessive protein intake through food is weighing on kidney and liver function?	T	12-6
3. Athletes need three times more protein than untrained people.	N	5-13
4. Do athletes need more carbs than untrained people?	T	18-0
5. Thirst isn't an adequate indicator of water needs during exercise?	T	11-7
6. Do you have to drink water before, during, and after the competition?	T	16-2
7. Is skipping meals justified when you want to achieve rapid weight loss?	N	15-3
8. Rapid weight loss with a very strict diet can negatively impact exercise performance?	T	18-0
9. Weight loss through a strict short-term diet is mostly due to fluid loss?	T	12-6
10. Can calcium deficiency lead to fractures (fractures) and osteoporosis?	T	18-0
11. Intake of different amino acid mixtures can lead to nutritional imbalances – does excess one amino acid affect another?	T	14-4
12. Are citrus fruits (lemons, oranges) the only source of vitamin C in the diet?	N	18-0

13. Eating after a competition is only important if the athlete is hungry?	N	18-0
14. Is a balanced diet only important before competition?	N	18-0
15. Should the last solid food be eaten 3-4 hours before the competition?	T	16-2
16. Should fluid and carbohydrate replenishment begin immediately after the competition?	T	17-1
17. Is it impossible to win without supplements?	N	16- 2
18. Fruits and vegetables are good sources of vitamins and minerals?	T	17-1
19. Can large doses of vitamins and minerals be harmful to health?	T	18-0
20. Are vitamins and minerals a source of energy?	N	15-3

(Bompa, 2005) (Fadlih, A M; Idham, A F; Nugraha, A I; Dongoran, M F, 2020)(McLeod, 2010) Analyzing and comparing the results of the study that in a sample of 56 basketball and ski coaches, received 77.8% correct answers, the study that received 78.1% correct answers from 30 licensed coaches from Makassar (football, handball, basketball, volleyball, tennis and athletics) and the study that received 65.5% correct answers on a sample of 60 professional athletes from Makassar, The satisfaction of the authors of this paper is justified because the students of specialist postgraduate studies in Physical Education reached 86.1% of the correct answers. Looking at the results of our study, it is more than clear that, compared to previous research, Physical Education students have achieved a higher percentage of correct answers compared to athletes and sports coaches. Looking at the individual responses from previous studies, it is alarming that one-third of the athletes and sports coaches surveyed have a very low level of knowledge about protein nutrition and believe that protein is the main source of energy, and what's more, almost 70% of respondents are unaware of protein metabolism. As for the students surveyed, they showed that they also knew protein metabolism to a large extent. If we take into account the fact that athletes often use amino acids as dietary supplements, it is expected that the people who They are advised to take said supplements and know about any problems or negative phenomena that can harm the health of athletes. As expected, Physical Education students proved that they knew how to distribute food and fluids before, during and after training and competitions, and when it came to vitamins and minerals that are very often used as dietary supplements, the surveyed students showed a well-trained level of information, the line between defeat and victory is usually very thin, and sports nutrition is the most important link of the chain. Based on all of the above, the conclusion is that every sports team should have a sports nutritionist to reduce omissions in sports nutrition to a minimum, as energy requirements should be taken into account in diet planning. macronutrient composition of the diet, micronutrient intake and fluid balance of athletes. Thus, it is more than obvious that every sports team is very high. Another worrying information, which refers to previous research, is that about 70% of the coaches and athletes surveyed think that vitamins and minerals are a source of energy, compared to students who achieve about 85% of the correct answers to these questions. Vitamins and minerals are not a source of energy by themselves and do not have the energy value that is sometimes misunderstood. Every second, thousands of chemical processes take place in the body that allow us to think, feel, see, hear, move, and more. Without sufficient amounts of these ingredients in the body, many disorders occur that can lead to even serious

diseases. (Karter, 2007; Lumintuarso, 2013) (Srivastav, 2016)(Seifert, 2007) (Fadlih, Andi Muhammad; Riyanto, pulung, 2019)

CONCLUSION

If you look at the results as a whole, it can be concluded that students' knowledge of sports nutrition is very satisfactory, especially when comparing the results with previous research on postist and sports coaches' knowledge about sports nutrition. No matter how talented an athlete is in the sport they play or train, motivated and well-trained, the line between defeat and victory is usually very thin, and sports nutrition is the most important link. Based on all of the above, the conclusion is that every sports team should have a sports nutritionist to reduce omissions in sports nutrition to a minimum, as energy requirements should be taken into account in diet planning. macronutrient composition of the diet, micronutrient intake and fluid balance of athletes. Thus, it is more than obvious that every sports team needs a professional staff from Physical Education. Preservation and improvement of health status, improvement of fitness, reduction of fat deposits and achievement of optimal body constitution, release of negative energy, easier survival of stressful situations are the basic benefits obtained with regular training and optimal nutrition. It is known that regular exercise and optimal nutrition are two factors that cannot be separated and only their combination can achieve optimal results.

conclusion can be a generalization of findings according to the research problem. The conclusion should not simply repeat the results, but should conclude the finding in the study. Conclusions can also be linked to the research objectives. In this section, it is necessary to write down future research and the contribution of research in scientific development.

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