

عنوان مقاله:

Investigation of Nutritional Habits in Ataturk University Physical Education Students

محل انتشار:

همایش بین المللی یافته های نوین پژوهشی در علوم ورزشی (سال: 1394)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Abdorreza Eghbal Moghanlou - PHD Student, Department of Physical Education and Sport Sciences, Ataturk University, Erzurum, Turkey

Recep GURSOY - faculty of Sport Sciences Mugla University , Mugla Turkey

.Ramin Amirsasan - Faculty of Physical Education and Sport Science, University of Tabriz, Tabriz Iran

خلاصه مقاله:

Introduction: Adequate consumption of energy and nutrients intakes is essential for body build and to optimize sports performance. Sufficient consumption of energy maximizes liver and muscle glycogen store (1). This descriptive research, which was performed in order to determine the nutritional knowledge and nutritional habits of the university students. Material and method: The universe consisted of 280 students who currently attending the Ataturk University. We didn't use any exemplifying methods in this study. The sample consisted of 275 students who accepted to participate to study (participation rate 97%). The data were collected using data forms which prepared by researchers between 16- 22 of February, 2014. Before the study, permission was taken from the university and students. The analysis of the data was obtained by using descriptive statistical in SPSS 19.0. Results: The mean age of the study population was 20.01 ± 1.61 . The mean body mass index of students were 20.51 ± 2.39 kg/m². %69.7 of the students has been educated in nutrition and 78.9% of the students didn't believe that they were healthily nourished. 20.6% of the students prefer eating their meals at university refectory/dormitory-lodgings. The frequency of consumption of milk and the frequency of consumption of nutrients in the fruit and vegetable group among students was under the necessary level. The most frequently consumed drinks were, successively, water, tea and coffee. Conclusion: The study indicated that, university students often miss meals, the most leaving out meal was lunch, the reason therefore was 'don't have enough time' and they had an unhealthy nutritional pattern. Activities like conferences with participation on a voluntary basis appeared to be more effective than previous obligatory lectures on the eating habits of the students. This young population should be encouraged to promote healthier diets and lifestyles.

کلمات کلیدی:

University student, Nutritional habit, Nutritional knowledge, Frequency Of consumption of food

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/463128>



