

عنوان مقاله:

RANKING OF SHIRAZ TOP FITNESS CLUBS REGARDING NUTRITIONAL KNOWLEDGE, ATTITUDE, AND PERFORMANCE OF SPORT TRAINERS USING MULTI-CRITERIA DECISION MAKING APPROACH

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Najmeh Hejazi - *Assistant professor, Nutrition and food sciences research center, Department of clinical nutrition, school of Nutrition and Food sciences, Shiraz University of Medical Sciences, Shiraz, Iran*

Ardalan feili - *Operations Research Department, Faculty of Economic and Administrative Sciences, Ferdowsi University, Mashhad, Iran and Department of Management, Apadana Institute of Higher Education, Shiraz, Iran*

Abbas Sabet - *Public Administration Department, Faculty of Management and Accounting, Allameh Tabataba I University, Tehran, Iran*

Maziar Mokhtari - *Industrial Engineering Department, Apadana Institute of Higher Education, Shiraz, Iran*

خلاصه مقاله:

Background and Aim: It is important to know the physiological needs of athletes in relation to the type of sport, exercise, and the competition, about the amount of energy intake, macronutrients, micronutrients and fluids. Therefore, the purpose of this study was to assess the nutritional knowledge, attitude, and the performance of Shiraz top fitness clubs sport trainers and ranking the clubs in this regard. **Methods:** In this descriptive cross-sectional study, the General Nutrition Knowledge Questionnaire of Parmenter and Wardle were used to record nutritional information including nutritional knowledge, attitude, and the performance of the sport coaches of 26 top clubs in Shiraz, southern Iran. To determine the weight of questionnaire s dimensions, the Shannon entropy method was used and the Topsis technique was used to rank the clubs. **Results:** The mean scores of the top fitness clubs coaches in Shiraz in different aspects of nutritional knowledge, attitude, and performance were 14.367, 9.17, and 3.381, respectively. The ranking of clubs showed that 73% and 27% of the top clubs in Shiraz, respectively, had a moderate and poor status in the knowledge, attitude and performance of the coaches, and none of the clubs been in a good condition. In addition, the highest scale in this ranking was related to nutritional knowledge of coaches. **Conclusion:** The top sport clubs coaches in Shiraz had a low level of nutritional knowledge, attitude and performance, and none of the clubs had a good score .in this regard. Therefore, the need for interventional actions to promote these items seems necessary

کلمات کلیدی:

Nutrition, Knowledge, Attitude, Performance, Sports

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/816280>



