



Dietary assessment and education improve body composition and diet in NCAA female volleyball players

Rachel Telschow

Sodexo, USA

Abstract

Intercollegiate volleyball is a powerful sport that consists of two to three-hour matches; therefore, optimal physical condition is critical for top performance. This study assessed nutrition and anthropometric parameters at the start and conclusion of both the spring 2009 (no intervention) and spring 2010 (intervention) off-seasons as well as additional measurements four months after the intervention. The subjects' body composition, total energy, carbohydrate and protein needs were calculated, and intakes were assessed. The intervention consisted of monthly individual nutrition counseling sessions based on analysis of intake from three-day food records. Food records were analyzed using Nutrient Data Systems for Research software verified by interview. Dependent T-tests were conducted on anthropometric and dietary measurements. The results revealed that during the 2009 off-season, there were no significant change in any parameters and 89% of subjects were not within recommended anthropometric and dietary guidelines. During 2010, body composition significantly decreased to optimal levels for the sport. In addition, energy and macronutrient intake significantly improved toward recommended guidelines. Four months later, the subjects' intakes and body composition were assessed, and results were compared to the spring 2010 results with no significant changes. These results indicate the providing nutrition assessment and intervention plays a critical role in physical conditioning of athletes.

Biography

Professional with background in Nutrition (Registered Dietitian) and MBA with strategic leadership, financial acumen, talent management, communication skills and project management skills. Proven track record of strong team development, client relationship and successful P&L management.

Publications

Nutrition assessment and intervention improves body composition and diet in NCAA female volleyball players.

Education by a Registered Dietitian Improves Dietary Intake and Nutrition Knowledge of a NCAA Female Volleyball Team.



10th International Conference on Food Science and Technology
Frankfurt, Germany, March 18-19, 2020

Citation: Rachel Telschow, *Dietary assessment and education improve body composition and diet in NCAA female volleyball players*, Food Technology 2020, 10th International Conference on Food Science and Technology, Frankfurt, Germany, March 18-19, 2020