

A MULTI-DISCIPLINARY STUDENT EXPERIENTIAL LEARNING ACTIVITY EVALUATING THE FITNESS AND NUTRITIONAL PRACTICES OF A PROFESSIONAL ICE HOCKEY TEAM.

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Purpose and Learning Outcome

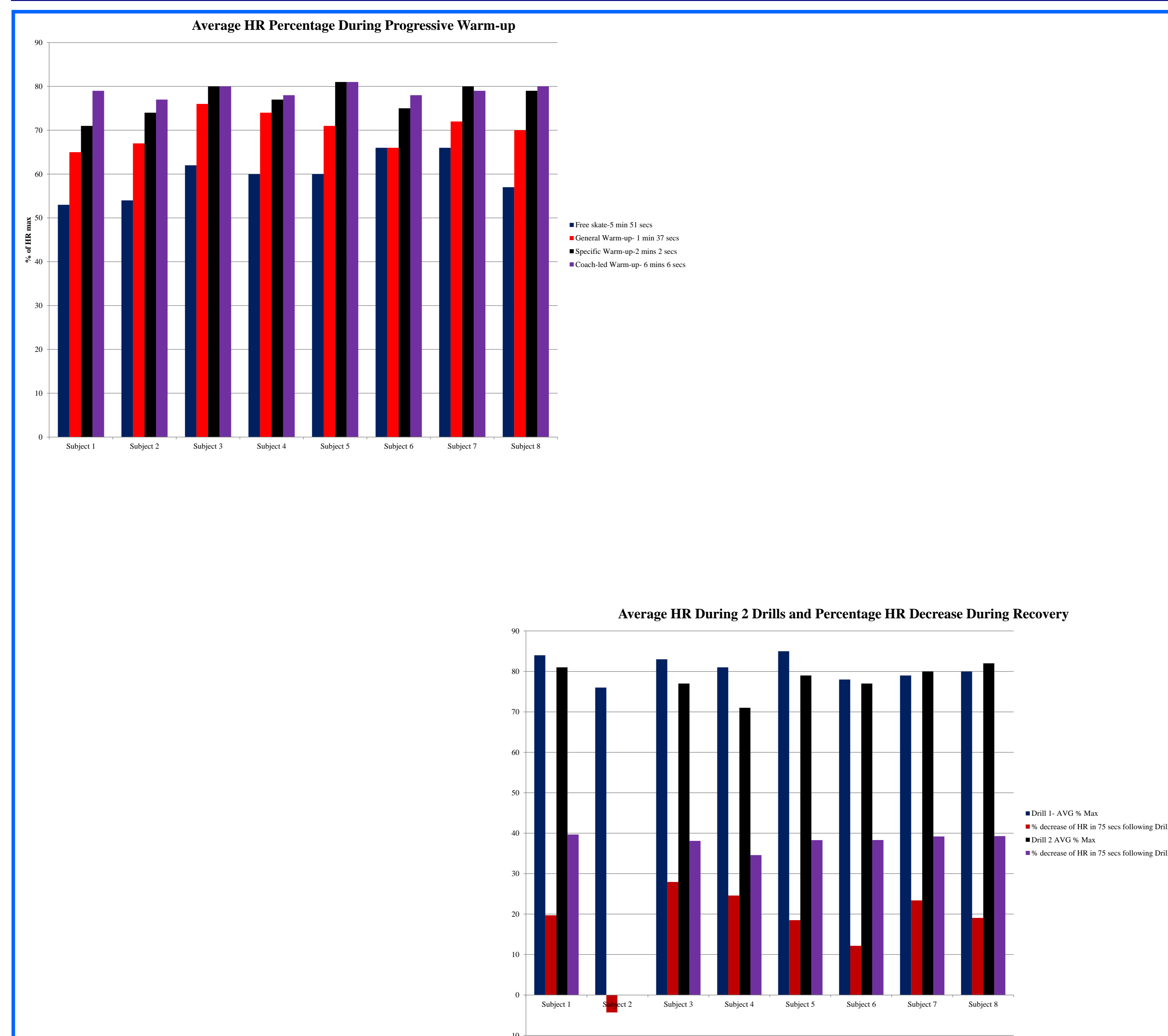
- ❖ Participants will learn the benefits of working in a multi-disciplinary team approach to evaluate and educate athletes.
- ❖ To evaluate the nutritional knowledge and practices of professional ice hockey players, while monitoring workout intensity and measuring caloric expenditure during in-season practice sessions.
- ❖ Collaboration of faculty and students from the Food and Nutrition Department and the Department of Kinesiology and Sport.

Project Activities

- ❖ Produced and administered a sports nutrition survey.
- ❖ Conducted heart rate monitoring during 2 in-season team practices.
- ❖ Developed and conducted 2 nutritional in-services.
- ❖ Provided individual diet counseling and conducted body composition analysis to individual athletes.



Results



Conclusion Statement

- ❖ The athletes had a low level of knowledge regarding their current caloric intakes as well as daily energy requirements needed to support activity levels.
- ❖ Findings revealed that the athletes primary source for nutrition education came from personal/athletic trainers.
- ❖ Findings suggest opportunities for RD's to serve as a member of a multi-disciplinary team including: sport scientists, coaches, and training staff to provide reliable and accurate nutrition and performance physiology education to athletes.
- ❖ Students benefitted from the real-world experiences and application of communicating with high level athletes while collecting, and analyzing data for the purpose of providing practical information about improving the athletes' performance.