

Activity: Fuel Habits Evaluation

Sometimes knowing what to do is very different than actually completing a behavior. Sports dietitians need to blend teaching their athletes information on appropriate nutrition and helping them change their behavior to use the information. In some instances, instead of analyzing actual amounts of nutrient intake, it is helpful to assess their current habits related to sports nutrition. In this lab activity, you will use a digital survey look at fuel habits.

Instructions

1. Find an athlete or individual to interview, or you can take the survey yourself. The interview can be done over the phone.
2. Go to: <https://www.gssiweb.org/toolbox/survey/fuelhabits>
3. Advise the athlete to think about ONE training session or competition they would like to evaluate and answer all questions in relation to that session. After entering background information about the athlete, you will guide the athlete through a series of questions related to their fueling behavior before, during, and after exercise. Upon completion you will receive a score based on the total possible points for their activity.

Answer the Following Questions:

1. What was your athlete's score, and what is your interpretation?
2. What sports nutrition habits does your athlete already excel at?
3. In what areas does your athlete need to improve their habits?
4. How many times did your athlete answer "I don't know"? How do you address this answer?
5. Put together a brief plan to help your athlete improve their sports nutrition habits. For example, do they need more education in certain areas? Do they need to improve availability to the right kinds of foods? Should they pack a snack bag to carry in their backpack? Do they need to set reminders on their phones?

Download the PDF to hand in with your lab