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**REPORT ON NUTRITIONAL ASSESSMENT OF ADOLESCENT VOLLEYBALL
ATHLETES**

AIM:

To conduct a nutritional assessment of the adolescent volleyball athletes of Besant National PU College, Mangalore.

OBJECTIVE:

- To assess the nutritional status of the adolescent athletes.
- To study the eating pattern and efficiency of dietary intake in the athletes.
- To provide nutritional education for better health status of these athletes.

OUTCOME:

The survey gave practical exposure to the students on how to conduct nutritional counselling to an athlete and identify the food-related problems in them which were affecting their performance. The students even gained knowledge on the misconceptions in the young athlete regarding use of supplements and educated them on the importance of balanced diet & naturally protein rich substances.

REPORT:

The students of the 2nd MSc FSN conducted a nutritional assessment for adolescent athletes in order to know their nutritional status. About 14 students of the 2nd MSc along with the faculty Ms. Nireeksha V, took part in the assessment program held on 21st July 2023 and each student was assigned an adolescent athlete who was a student of Besant National PU College, Mangalore. About 16 athletes including boys & girls were taken who play a common sport which was volleyball. Through the 24-hour diet recall & food frequency questionnaire, the eating pattern & the nutrient intake of each individual was collected. Based on the collected data, the students assessed the nutritional requirement of the athlete for the age group as well as the type of sport, and the students provided them with diet counselling on 2nd August 2023 where the students explained the concept of a balanced diet, calcium-rich & iron-rich foods, ill effects of supplements, the nutritional requirement of adolescents, etc. The students were provided with the e-brochure for further details & their feedback was collected.

Nutritional Assessment of Adolescent Sports Athlete

