

DO COACHES AND PARENTS HAVE THE KNOWLEDGE OF SPORTS NUTRITION FOR THOSE WHO PARTICIPATE AT NATIONAL LEAGUE LEVEL IN BASKETBALL?

INTRODUCTION

Sports nutritional knowledge is important when guiding children and young people within sports. Although there are certain adaptations for sports nutrition. Having the knowledge of and being able to apply it to everyday situations could determine whether the sporting participants are following an optimally nutritious diet or the latest generic food plan influenced by their role models (Slagle et al., 2023). Trakman et al., (2016) discovered that athletes' and coaches' knowledge was difficult to confirm. Trakman et al., (2017) designed a questionnaire to ascertain nutritional knowledge. This questionnaire will be used to achieve the aims and objectives of the research.

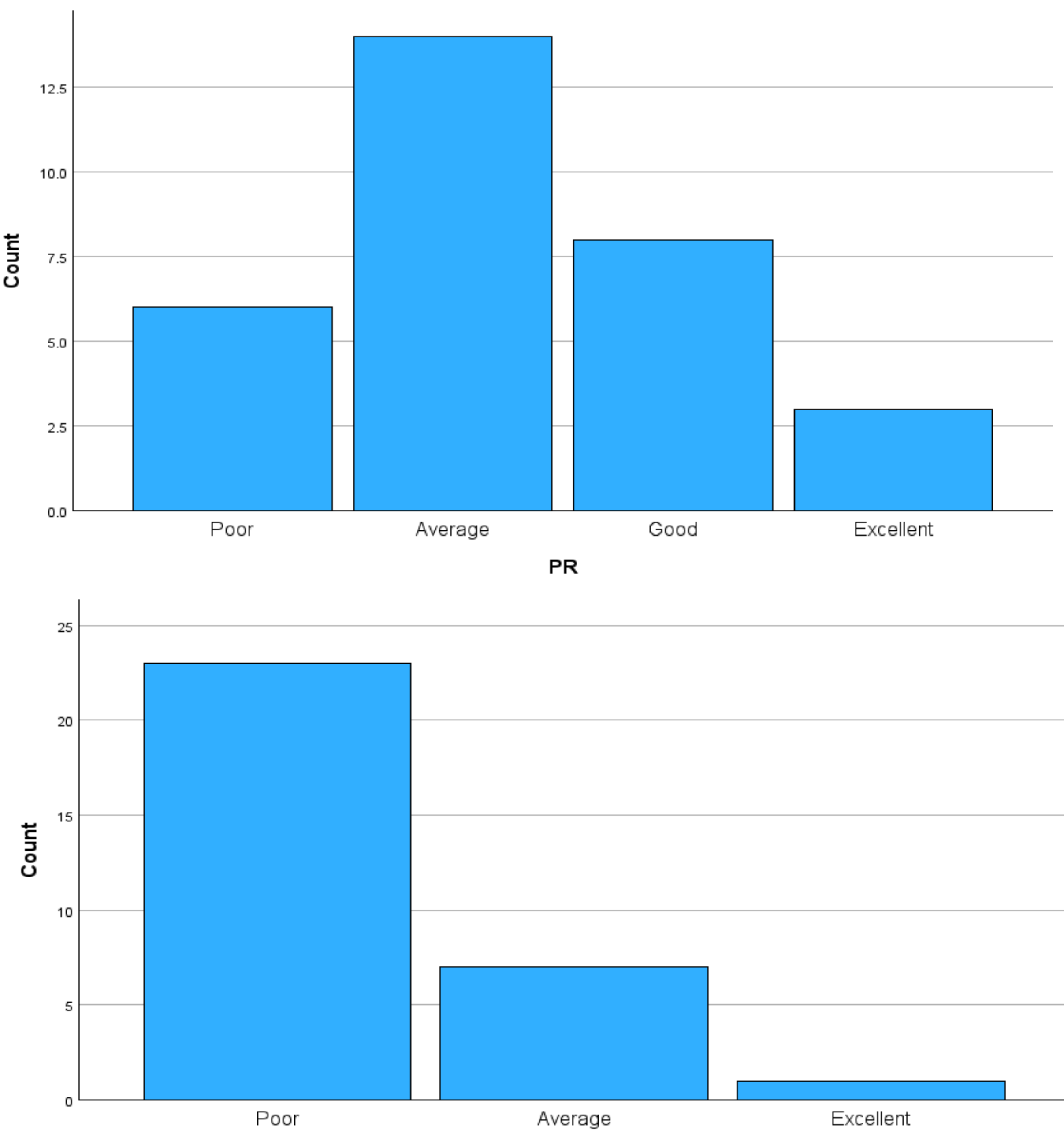
AIMS

To explore whether coaches and parents have an adequate amount of sports nutritional knowledge, that they can apply to everyday life.

METHODS/DATA ANALYSIS

A convenience sample method was used to recruit those from basketball sports clubs across the northwest of England. Thirty-one participants aged 18-65+ ($n=31$, age 43 ± 25) participated in the Nutritional Sports Knowledge Questionnaire (NSKQ), these participants had one or more of the titles of coach and/or a parent of children who play basketball in a national league capacity from ages 10 - 17. The questionnaire was distributed online and in person. Participants were assured of confidentiality and anonymity, with verbal instructions on how to complete the questionnaire. Quantitative data from the NSKQ were analysed in SPSS using a one-sample t-test and descriptive statistics to determine the overall level of nutrition knowledge among parents and coaches. This study received ethical approval from the UWSTD ethics board. Informed consent was obtained from all participants before the competition.

RESULTS



The charts show the distribution of Perceived Rating (PR) and Actual Rating (AR) among the participants.

PR distribution:

Categories: Poor, Average, Good, Excellent
Counts: Poor – 5, Average – 14, Good – 8, Excellent - 2.
PR for nutritional knowledge peaks on average with 77% of participants rating themselves as average or above.

AR distribution:

Categories: Poor, Average, Excellent.
Counts: Poor – 23, Average – 7, Excellent – 1.
The AR ratings are heavily concentrated towards poor therefore, a large negative mean difference (Table 1) is the high t-value seen in the t-test. 74% of participants were found to have below-average nutritional knowledge.

Indicating that only 22% of the participants demonstrated average or above knowledge which equals 7 out of 31 participants. The discrepancies highlight an overestimation of nutritional knowledge among parents and coaches which suggests a need for educational interventions on nutrition to bridge the gap between perceived and actual knowledge.

Basketball coaches and parent nutrition knowledge fall below average for those who play National League.

The one-sample t-test demonstrates a significant difference we can see a p-value of 0.015. Parents' and coaches' knowledge falls below average and would require intervention to become above average. Moreover, this means that our children and young adults who want to achieve a higher level of performance in basketball would be less likely to as they would not be achieving optimal levels of nutrition throughout their diet, this therefore could hinder their performance.

One-Sample Test						
Test Value = 49						
	t	df	Significance One-Sided p	Two-Sided p	Mean Difference	95% Confidence Interval of the Difference Lower Upper
Score	-2.576	30	.008	.015	-7.41935	-13.3010 -1.5377
PR	-291.358	30	<.001	<.001	-46.74194	-47.0696 -46.4143
AR	-406.806	30	<.001	<.001	-47.67742	-47.9168 -47.4381

CONCLUSIONS/ FUTURE RESEARCH

The data collected demonstrates that the coaches and parents of children who play national league basketball from ages 10 – 17 do not have adequate nutritional knowledge to help support optimal performance. Several participants have adequate knowledge but 77% require further intervention. Future studies need to conduct this initial research on a larger scale with an educational intervention and a retest of the questionnaire.

REFERENCES

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Trakman, G.L., Forsyth, A., Hoyer, R. and Belski, R., 2017. Developing and validating a nutrition knowledge questionnaire: key methods and considerations. *Public health nutrition*, 20(15), pp.2670-2679.