

Thesis Title                      Dietary patterns of runners in Physical education colleges and their sports nutrition knowledge.

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Degree                              Master of Science (Public Health) major in Nutrition

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#### ABSTRACT

The objectives of this study were to evaluate dietary patterns of the runners during 4 periods: a) the first period of training b) intensive training c) 3-days before competition d) competition period and to investigate their sports nutrition knowledge. In addition, the objective is to analyse the relationships between sports nutrition knowledge and nutritive value of food consumption during each period of training and competition. The studied subjects were 51 short and long distance runners. They were both male and female runners from 4 physical education colleges. Dietary intake data were collected during each period of training and during competition by using 3-day food records and interview method. The results indicated that the mean of energy, protein, iron and vitamin C intake of all runners were adequate except the mean of vitamin C intake of male short distance runners during intensive training period and 3-days before competition period. Most of them however had the mean of calcium, vitamin B<sub>1</sub>, vitamin B<sub>2</sub> and niacin intake were inadequate. Mean intake of vitamin A

was above and below the adequacy level in every periods. All of them had the percentage distribution of energy obtained from fat was above 30% of total energy in every periods. They preferred to consume desserts which composed of coconut cream and some of male runners used some nutritional supplements. Most of them (76.5%) had low sports nutrition knowledge scores. They knew that nutrition was important for athletes but they did not have specific knowledge concerning nutrition for the athletes. Moreover, the finding of this study also indicated significantly positive correlations between sports nutrition knowledge and nutritive value of food consumption in every periods of training and competition.

This study could be concluded that sports nutrition knowledge may be one of the factors associated with quality of runners' food intake. As a consequence, the sports nutrition knowledge should be seriously improved and promoted for the athletes.