

## Effects of Nutrition Education on Nutrition Knowledge Levels of National Triathletes

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The aim of study was to determine effect of nutrition education on nutrition knowledge levels of national triathletes. The study was carried out 18 triathletes at June 2018. Firstly, each participant was interviewed using a structured questionnaire to obtain demographic information and nutrition knowledge status. Participants interviewed face-to-face at their leisure time. Nutrition education was provided for healthy nutrition recommendations for athletes. The questionnaire was repeated at the beginning of the study after two weeks. The responses to each nutrition question were scored 0 point or 1 point to determine the level of nutrition knowledge. A total of 18 athletes participated in the young national triathlon branch. The mean age of the athletes were  $17.5 \pm 1.65$  years; 77.8% of them were under 18 years old, 4% of them were over 18 years old. The mean years of licensed athletes were  $7.17 \pm 2.50$  years ; it has seen that the mean of their playing sports was  $9.17 \pm 3.09$  years. The athletes' nutritional knowledge level scores mean were found to be  $22.9 \pm 2.62$  in pre-nutrition education;  $27.6 \pm 1.71$  post-nutrition education. There was statistically significant difference in mean of pre-education and post-education nutritional knowledge level score between genders ( $p < 0.05$ ). When the nutrition education was grouped according to educated by a dietitian, the difference in the mean of pre-education and post-education was found statistically significant ( $p < 0.05$ ). As a result; the nutrition knowledge level is an important issue for sport performance and there is educational necessary for them.

### Biography:

Dr. Esen Yeşil graduated from Baskent University, Nutrition and Dietetic Department at 2009. She obtained Master degree in Hacettepe University at 2012 and PhD degree in Baskent University at 2016 on subject "Effect Of Weight Loss Diets On Some Biochemical Parameters And Anthropometric Measurements In Prolactinomas Patients". She had been working at Baskent University as a lecturer. Her research interests are nutrition education, obesity and nutrition science. In university, She has been teaching "Nutrition Education And Counseling" for 4 season.