

Nutrition knowledge, attitude and practices (KAP) of adolescent sports trainee in BKSP, Bangladesh

Questionnaire		
Section A : Personal Questions		
1. Age: _____	2. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
3. Education : <input type="checkbox"/> School <input type="checkbox"/> College <input type="checkbox"/> University		
3. Weight: _____	4. Height: _____	5. BMI: _____
6. How many nutrition class/seminar/course have you attended since you started your training?		
7. When was the last time you attended a nutrition class/seminar/course?		
8. From which sources have you obtained nutrition information?	<input type="checkbox"/> Books <input type="checkbox"/> Magazines <input type="checkbox"/> Newspapers <input type="checkbox"/> Teachers <input type="checkbox"/> Coaches <input type="checkbox"/> Athlete Trainers <input type="checkbox"/> Doctors <input type="checkbox"/> Dieticians <input type="checkbox"/> Parents <input type="checkbox"/> Friends <input type="checkbox"/> Teammates <input type="checkbox"/> Internet <input type="checkbox"/> Other(Please state _____)	
9. Name of the Sports Department?		
10. Duration of Training period		
Section B : Nutrition Knowledge (For each of the following questions, tick the response that best answers the question)		
1. Protein is the main energy source for the muscle.	<input type="checkbox"/> True	<input type="checkbox"/> False
2. Fats have important roles in the body.	<input type="checkbox"/> True	<input type="checkbox"/> False
3. Iron-deficiency anemia results in a decrease in the amount of oxygen that can be carried in the blood.	<input type="checkbox"/> True	<input type="checkbox"/> False
4. Iron in meat is absorbed at the same rate as iron in a plant food.	<input type="checkbox"/> True	<input type="checkbox"/> False
5. The body can make vitamin D upon exposure to the sun.	<input type="checkbox"/> True	<input type="checkbox"/> False
6. Vitamin supplements are recommended for all physically active people.	<input type="checkbox"/> True	<input type="checkbox"/> False
7. During physical activity, feeling thirsty is enough to indicate the need for liquid.	<input type="checkbox"/> True	<input type="checkbox"/> False
8. Skipping meals is justifiable if you need to lose weight quickly	<input type="checkbox"/> True	<input type="checkbox"/> False
9. Foods like chocolate, biscuits and chips are the most appropriate foods to be consumed soon after training	<input type="checkbox"/> True	<input type="checkbox"/> False
10. Vitamins are good sources of energy	<input type="checkbox"/> True	<input type="checkbox"/> False
11. Alcohol consumption can affect absorption and utilization of nutrients	<input type="checkbox"/> True	<input type="checkbox"/> False
12. Saturated and unsaturated oils both have an equal effect on the health	<input type="checkbox"/> True	<input type="checkbox"/> False

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13. Eating carbohydrates makes you fat	<input type="checkbox"/> True	<input type="checkbox"/> False			
14. Dehydration decreases performance	<input type="checkbox"/> True	<input type="checkbox"/> False			
15. The last meal before a competition should be eaten 3-4 hours before the competition	<input type="checkbox"/> True	<input type="checkbox"/> False			
16. Males and females of the same age group spend equal amounts of calories during the same exercise	<input type="checkbox"/> True	<input type="checkbox"/> False			
17. Bananas are good sources of potassium	<input type="checkbox"/> True	<input type="checkbox"/> False			
18. Table salt is an essential part of a healthy diet	<input type="checkbox"/> True	<input type="checkbox"/> False			
19. Milk and milk products are the best sources of calcium	<input type="checkbox"/> True	<input type="checkbox"/> False			
20. Basic sugars like brown or granulated sugar, jam and honey are the most suitable energy sources for sportsmen.	<input type="checkbox"/> True	<input type="checkbox"/> False			
21. Carbohydrates are stored in muscles in the form of glycogen	<input type="checkbox"/> True	<input type="checkbox"/> False			
22. The last meal before a competition should be consumed 3-4 hours before the competition	<input type="checkbox"/> True	<input type="checkbox"/> False			
Section C: Nutrition Attitude Questions (For each of the following questions, circle the number that best describes your answer, 1=Strongly agree, 2=Agree, 3=Undecided, 4=Disagree, 5=Strongly Disagree.					
1. The relationship between good eating habits and good health should be stressed to the athlete.	1	2	3	4	5
2. Coaches need to have good attitudes toward nutrition because of their close contact and influence upon athletes.	1	2	3	4	5
3. The type of food an athlete eats affects his/her physical performance	1	2	3	4	5
4. What the athlete eats is only important if the athlete is trying to gain or lose weight.	1	2	3	4	5
5. Nutrition is more important during the competitive season than during the off-season for the athlete	1	2	3	4	5
6. Food advertisements are a very reliable source of nutritional information	1	2	3	4	5
7. It is the coach's responsibility to stress good nutritional practices.	1	2	3	4	5
8. The athlete should schedule his/her activities so he/she has time to eat.	1	2	3	4	5
9. Learning about nutrition is not important for athletes because they eat so much food they always get the nutrients their bodies need.	1	2	3	4	5

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10. Learning facts about nutrition is the best way to achieve favorable changes in food habits	1	2	3	4	5
11. Nutritional counseling would be important to the athlete who is trying to change his/her weight	1	2	3	4	5
Section D: Nutrition Practice Questions					
1. Do you use supplements like multivitamin as an athlete?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
2. I consume lots of fruits and vegetables	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
3. I skip meals before a competition or an event	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
4. I eat just before an event	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
5. I eat just after an event	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
6. I consume sports drinks every day during practice or when I feel dehydrated	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
7. I eat adequate diet daily	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
8. I change my pattern of eating at the time of a competition	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
9. I always take my breakfast daily	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
10. I consume lots of water during and after training/competition	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
11. I always eat at least one hour before training/competition	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
12. I prefer snacks to special diet before training and competition	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
13. I eat at least 3times daily	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
14. I consume milk and milk products daily	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
15. I consume alcohol to enhance my performance	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	