WOLKITE UNIVERSITY

COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE

DEPARTMENT OF SPORT SCIENCE

TITLE: - THE INTEREST AND ATTITUDE OF MEHAL AMBA UNDER TWINETY FOOTBALL PROJECT TOWARDS NUTRITION

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APPROVAL BORD OF EXAMINERS COMMITTE

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Acknowledgement

I would like to take this opportunity to thank god for the abundant grace, love, protection and good health enjoyed throughout the period of this course and this. And I would like to thank the many people who played an important role in the completion of this this. First, I would like to thank my advisor Mr. Fasil for extensive help; patience and guidance. I would also like to thank players and coaches of Mehal amba under twenty football projects for their cooperation and willingness to participate in this study. I would like to thank the members of my family for always supporting me. Finally thank you all friends who supported me in many ways Ayesha Debisa for her secretarial work.

Abstract

The purpose of this study was to investigate the nutritional interest and attitude of Mehal Amba under twenty football project players. The participants include 25 players and 2coaches from Mehal Amba under twenty football projects. They were selected purposely the subject completed a nutritional interest and attitude questionnaire. To attain the desire objectives the study a descriptive survey based on structured questionnaire was conducted. Data were analyzed with quantitative method and qualitative method. The result of the study revealed mean overall nutrition interest and attitude scores for football players' was 67.40 and 40.20 respectively, age of players correlated positively with nutritional attitude of players, no statistical significant mean difference between players having cultural influence and fasting habits with players who have no cultural influence and fasting habits towards nutritional interest and attitude, no statistical significant mean difference between players with different playing position and playing experience towards nutrition. This paper recommends the need of scientific nutritional course for players, coaches and players parent and also the club should recruit nutritionist.

CHAPTER ONE

Introduction

1.1. Background of the study

Soccer is the world's most popular sport with competitors of all ages and abilities. Many of these participants, at even a young age, train and compete at intense levels, striving to improve their performance and become a top, unbeatable player. At high levels of play, the demand of soccer requires a player to be exceptionally fit both aerobically and an aerobically (Bangsbo, 1991)

Sport Nutrition is the application of nutrition knowledge to a practical daily eating plan focused on providing the fuel for physical activity, facilitating the repair and rebuilding process following hard physical work and optimizing athletic performance in competitive events, while also promoting overall health and wellness.

Soccer players can remain healthy, minimize injury and achieve their performance goals by adopting good dietary habits. Players should choose foods that support consistent, intensive training and optimize match performance. What a player eat and drinks in the day and hours before a game, as well as during the game itself can influence the result by reducing the effect of fatigue and allowing players to make the most of their physical and tactical skills, and also food and fluid consumed a soon after a game and training can optimize recovery. All players should have a nutrition plan that takes account of the individual needs.

Energy need differ substantially among individuals' factor, such as age, gender, body surface area, and environment influence, daily caloric output. Also the number of calories burned in exercise fluctuates with the frequency, intensity, time and type (FITT) of activity, movement efficiency and status of physical fitness (Hecker, 1987).

The official us youth soccer coaching manual (2002:73) suggests that, “as a coach, parent or athlete, you have to have enough information about food and nutrition to create a good training diet. The training diet is the foundation for feeling on top of your game during practice or during a game”.

Sports nutrition, diet and food and drink for soccer players are becoming increasingly scientific and recognized for its importance in the game of soccer. Almost every professional soccer club has a nutritionist or similar expert advisor for their team (soccer coach 1966.com).

Many researchers have investigated attitudes towards different types of foods, including high fat or fruit and vegetables. (Brug et al., 1995). In all of these studies, the strong predictive power of attitude and beliefs was found to have an effect on consumption of different types of foods. However, only few studies consider over all attitudes toward healthy eating patterns.

Aizen (1988) describes attitude as a disposition to respond favorably or unfavorably to an object, person, institution or event within consumer and food studies, attitude objects are offer attributes such as fat, odor, texture or defined brands, or general product categories such as seafood or meat.

Aizen (1998) suggested that attitudes have three components: a) cognitive, which represents a person’s information or beliefs about the object. b) affective which deals with a person’s feelings of like or dislike towards the object .c) cognitive or behavioral; which refers to a person’s tendency to behave in a certain way towards the object.

Nutritional attitude of players is related with food choice. Food choice is a complex process which involves many different factors. The many attempt mode to illustrate the factors influencing this process have resulted in many qualitative food choice models.

Attitude affect perception of the sensory characteristics of foods Shepherd (1987) developed the model which includes 3) factors related to choice 1) food: its physical properties and nutrient content 2) the individual his/her previous experience and learning associated with food, which in turn will lead to different beliefs, values and habits 3 social-economic environment attitude to sensory properties of food or healthiness of food, one

example of a more recent model of food choice is the conceptual model of food choice has three main components: 1) life course: person's experience 2) Influence: ideals, personal factors, resource, social framework, and food context and 3) personal system of strategies for making choices and value negotiations: sensory perception, monetary considerations, convenience, health and nutrition, management of relationship and quality. These different factors affecting food choice be integrated by investigating personal attitude and beliefs (shepherd, 1987).

Attitude of players towards nutrition cannot be directly observed, but their existence can be inferred from over responses or indicators. Because attitude can be considered as evaluative tendencies, they can be expressed in terms of affective responses such as feelings and emotions, and can be measured through physiological responses that may be linked to emotional process. Likert argued that attitude are most easily detected and expressed in verbal form. Thus, another way for attitude measurement is to use self-report questionnaires such as those constructed by liker scaling or by a model proposed by Fishbein and Aizen (1975) and Ajzen and Fishbein (1980). Strongly a Agree, neither agree or disagree, strongly disagree, can't choose.

Food related decisions made by individuals are influenced by a complex array of factors and processes. These include demographic factors, familial and house hold influences, habit and price, health consideration, ethical concerns and wide

Foundation soccer coaching manual (2008:248) explains that, dehydration, the loss of body water, impairs exercise performances and increase the risk of heat injury. As indicated in the official U.S youth soccer coaching manual (2002:28) vitamins and minerals do not provide energy. But vitamins and minerals play key roles in helping the body breakdown carbohydrate, protein and fats for energy and build other body structure.

Proper nutrition not only benefits an athlete physically, but also mentally and that's half the battle on the field. If the brain is not well fed, then the player will not play to the best of their ability. Without the right food, a player can suffer from the inability to concentrate.

1.2. Statement of the Problem

A world authority on sport nutrition recently noted that when talented, motivated and highly trained players meet for competition, the margin between victory and defeat is usually small when everything else is equal, nutrition can make the difference between winning and losing (Williams, 2007). It is important for players to understand basic nutrition information and have basic knowledge of their energy and nutrient need in order to optimize athletic performance.

Many players adopt rigid training diets that predispose them to under nutrition, fatigue, and injury (Quatromoni, 2008). In many cases players who adopt rigid training diets find themselves under fueled, pre occupied with thoughts about food and compromised in their performance.

It is not common for players to have misinformed beliefs about their nutritional need. With players training and playing regularly, diet is now seen as a crucial part of the game to assist in producing maximum effort and allowing players to maintain their own body weight and composition. But what exactly do the players know and understand about the food they consume and the role it plays in preparing the body to compete and train? Therefore, this study tried to answer the following:

1.3. Research Question

1 What is players interest and attitude that holds towards nutrition?

2 Is there a statistically significant mean difference between players having cultural influence and those have no cultural influence on their interest and attitude towards nutrition?

3 Is there a statistically significance mean difference between players having fasting habits and those who have no fasting habits on their interest and attitude towards nutrition?

4 Is there statistically significant mean difference between players in different age categories and playing position their interest and attitude towards nutrition ?

5 Is there a spastically significant mean difference between groups of players with differing duration of playing experience on their interest and attitude towards nutrition?

1.4. Objectives

1.4.1. General Objectives

The overall objectives of the study are to assess the interest and attitude of Mehal amba under twenty football project towards nutrition.

1.4.2. Specific Objectives

- ✓ To identify the relationship between demographic characteristics (Age, playing experience and position of playing) of players use their interest and attitude towards nutrition.
- ✓ To investigate players who have fasting habit and those who have no fasting habits are significantly difference on their nutritional interest and attitude
- ✓ To identify players interest and attitude that holds toward nutrition
- ✓ To investigate players with difference playing experience are significantly difference on their nutritional interest and attitude.
- ✓ To investigate players position of playing are significantly difference on their nutritional interest and attitude

1.5. Significance of the Study

In soccer game following appropriate and scientific diet (before, during and after) training and match are crucial for the success of any football team at any levels of competition. Hence it is essential to study the nutritional attitude of Mehal amba under twenty football project players in order to examine the exact interest and attitude of players towards its nutritional program.

The study will have the following purpose:

- ✓ helps to know the nutritional interest and attitude of players
- ✓ Helps to raise knowledge, interest and awareness of players towards sport nutrition.
- ✓ Will serve as spring board for future researchers on the area.

- ✓ Initiate concerned and interested researchers in the area to expand findings and to come up with new ideas and suggestions that can be contributed to the betterment of adopting nutritional program in the team.

1.6. Delimitation of the Study

This study was delimited to the nutritional interest and attitude of Mehal Amba under twenty football players also the study delimited to the men footballers.

1.7. Limitation of the Study

Some challenges were focused while conducting this research these are including: -

- ➢ Shortage of time
- ➢ Lack of finance
- ➢ Lack of experience among the researchers
- ➢ Lack of reference book related to the issue under study Some male players.
- ➢ Lack of awareness toward to nutrition

1.8. Definition of Key Terms

- Attitude- is a disposition to respond favorably or an favorably to an object, person or event with in consumer and food studies.
- Dehydration: - is removal of water molecule from the body
- During competition diet: - is fluid which is taken during (within different interval of) the game
- Nutrient: -chemical constituent of a food that we eat
- Nutrition: - is science that study about the effect of food to the human body
- Post competition diet: - which is taken by player after the game/training

. Pre competition diet: - diet which is taken by player before the game/ match

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1. Sport Nutrition

Sport nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by players, and deals with nutrients such as vitamins, minerals, supplements and organic substance such as carbohydrate, proteins and fats.
During match consuming carbohydrate in the form of a liquid beverage or sports drink is important.

Football is among the most popular sport in the world. However, despite the immense popularity and vast amount of money now involved in the modern game, relatively little work has been undertaken to assess the role of nutrition in football and players perceptions of the role. In years gone by, players would eat what they liked. However, today's game has developed with players training and behaving more like elite players. This change in approach has coincided with an increase in the tempo and intensity during top competitive football over the past two decades (Reilly, 1996)

2.2. The Concept of Attitude

The concept of attitudes until the 1960s, social scientists viewed "attitudes as behavioral dispositions" and presumed that attitudes could help explain human actions (Azien &

Fishbein, 1980; as cited by Suzanne (2002). The study of attitudes has been "characterized by an embarrassing degree of ambiguity and confusion" (Fishbein and Azien, 1975; as cited by Suzanne 2002). In the process of defining attitude, many researchers have used several different definitions to describe the term. Lousis Thurston (1928; as cited by Suzenne 2002) defined attitude as "a man's inclinations and feelings, prejudice or bias, preconceived notions, ideas, fears, threats, and convictions about any specific topic".

Despite the long history of research on attitudes, there is no universally agreed definition (Olson and Zanna, 1993; as cited by Abate 2001). For instance, Fishbein and Aizen (1975; as cited by Abate 2001) defined attitude as a general, enduring positive or negative feeling about some person, object or issue. According to Kalat (1986; as cited by Abate 2001), the term attitude has been defined in many ways, such as "the evaluative feeling that a given object "or" a learned predisposition to respond to something positively or negatively". Another possible definition is this: "an attitude is a belief that affects a person's evaluation of future evidence". In addition to this, Rhodewalt (1988; as cited by Abate 2001), defined attitude as the expression of the intensity and direction of affect toward a psychological object.

2.3. Demands of Football

As Reilly, Carter and Maritin (2000) suggest, football game consists of high activity levels at a fast pace. During a 90-minute game, an elite level player covers around 10km. As Matkovic, Jankovic and Heimer (1993) suggest such effort requires a good aerobic capacity. Whilst the anaerobic energy system plays an essential role in football, with a large number of sprints undertaken in a game, the aerobic system supplies the greatest amount of energy. High aerobic fitness has the potential to optimize performance by enhancing recovery during the game (Green and McMillan, 2001). Having a high aerobic capacity decreases the player's use of glycogen and minimizes the likelihood of long-term fatigue in turn enhancing the performance of a player during training or, more importantly, a competitive game. Wide ranges of Vo_{2max} amongst professional players have been reported (Reilly, Bangsbo and Franks, 2000), however as Reilly (1996) suggests, average values for outfield players appears to be around 60 $mlkg^{-1}$ min^{-1}.

Directional movements of a game have also been extensively examined. A game "encompasses over 1000 different activities, with a change in the type or level of activity occurring about once every 6 seconds" (reilly 1997, p258), with no movement lasting for 15 seconds or more on average (Ali and Farrally, 1991). Movements have been further broken down into their specific types, with the overall distance covered by outfield players during a match consisting of 25% walking, 37% jogging, 20% cruising sub maximally, 11% sprinting, and 7% moving backwards (Reilly, 1994). Within the modern game there are more and more competitions (league and cups) after, resulting in two games a week. It is not unknown for a team involved in successful cup runs to play games every three days. It is in these cases where recovery and refueling are essential to enable maximal effort in the subsequent games.

2.4. Nutrition for Sports Performance

Having established that high demands are placed upon players during a season, with pre-season to regain any loss in fitness over the post season break, regular training to regain any loss in fitness over the post season break, regular training and matches which can occur twice a week regularly throughout the season, it is important to be aware of exactly what role food plays in performance. By having awareness of the foods that they are consuming players will be able to control their own body mass. This is important as Pollock and Jackson (1984) suggest an increase or excess of body fat can impair physical performance and makes a person more susceptible to injury.

Total calorie intake values have been suggested (Bangsbo, 1994a, Clark, 1994) to help competitors meet energy demands of their chosen sport and to help maximize their potential when coupled with the appropriate training.

2.5. Energy Demand/Intake

Calorie intake of players is different depending up on the type and level of physical activities (duration and intensity), and the age and body size. This indicates that the calorie

intake and expenditure of athletes has a direct reaction with the type of activity they do, their body size and age. To strengthen this idea, Foundation Soccer Coaching Manual (2008:237) expresses that; calorie requirements vary greatly from person to person and are influenced by the level of physical activity, body size and age. Therefore, it is impossible to establish a universal daily calorie requirement for players.

Some players have a hard time increasing their calorie intake because the volume of a larger meal causes them discomfort, especially if they are training soon after eating. Players juggling a heavy academic schedule with training and part-time job may have difficulty finding the time to eat. These players benefit from eating several small meals and snacks throughout the day.

The first priority for any players, nutritionally, should be to obtain recommended energy needs. In order for an athlete to reach and maintain optimal athletic performance, increase and/or maintain lean body mass, and maintain proper immune and reproductive function, it is vital for him/her to achieve energy balance (ADA, 2009). Players who fail to reach energy balance may ultimately compromise their athletic performance, ability to train at a high level, and they may also increase their risk of injury.

Bangsbo (1994) reported that male players cover an average distance of 11 km during a match coupled with other energy-expending activities, including tackling, turning, and accelerating. Use of distance covered in a match as a way to assess energy expenditure underestimates the true cost of energy used in football (Reilly, 1997).

According to Ronald, J, Maughan (1997) many players reduce their energy intake at times to assist with the loss of body weight and body fat, but it is harmful to restrict energy intake so much that it interferes with normal body function. The diet must provide enough energy (calories) to meet the demands of training and match play, as well as cost of growth, development, and staying healthy. Eating less than this on a long-term basis will lead to a loss of performance and a risk to health.

Players requiring advice for weight loss or fat loss should seek guidance from a qualified sports nutrition expert such as a sports dietitian. If a reduction in body fat content is

necessary, this should be achieved gradually. Players can avoid potential problems by taking care to avoid excess weight gain in the off-season. Careful management of both diet and differences in hydration levels and longer-term changes can't distinguish changes in body fat and muscle mass activity levels in the off-season and in the pre-season can help players to reach their ideal weight and body fat level with minimal impact on health or performance.

Players should individually manage their energy stores of body fat, carbohydrate (muscle fuel) and protein (muscle mass) by managing intake and expenditure of these nutrients separately. These issues will be discussed in separate parts of this booklet.
Players should follow an eating plan that helps them to achieve their specific goals rather than relying on appetite to guide energy intake. Advice from a sports nutrition expert is often required to develop this plan.

Players should use a number of separate biomarkers to monitor their progress in achieving each of their energy-related goals. Monitoring body weight can be misleading, and the information can be misinterpreted. Body weight is not a reliable or accurate indicator of energy balance, since day to day changes mostly reflect differences in hydration levels and longer-term changes can't distinguish changes in body fat and muscle mass. Maughan RJ (1997)

2.6. Dietary Intake and Expenditure of Footballers

From studies into the dietary intake and energy expenditure of football players, it has been established that best practice is not always followed amongst most professional footballers. It has been established that player energy intake ranges from 11 MJ (Maughan, 1997) to 15.7 MJ d-1 (Bangsbo, 1994a), with bangsbo (1994b) recommending 21.5% energy from fat 61.5% from CHO and 14% from protein.

2.7. Nutrients for Football Players

2.7.1. Carbohydrate

According to F- MARC Nutrition for football published by FIFA (2010) carbohydrate is an important fuel for exercise but the body can store enough to last for only one day of

hard training. The player's everyday eating and drinking plan therefore needs to provide enough carbohydrate to fuel their training program and to optimize the recovery of muscle glycogen stores between workouts. General targets can be provided for carbohydrate needs, based on the player's size and the demands of their training program.

Actual needs are specific to the individual, however, and must be fine-tuned to take account of the total energy needs and specific training goals. It is important to get feedback from performance in training and match play to assess whether there is a problem with fuel availability. An inadequate

Carbohydrate intake will lead to early fatigue.

According to clark (1994) When the period between training sessions is less than about 8 hours (as in pre-season for elite players), carbohydrate intake, in the form of solids or liquids, should start as soon as practicable after the first session to maximize the effective recovery time. There may be some advantages in meeting carbohydrate targets through a series of snacks during the early recovery phase., American Dietetic Association(2009), Dietitians of Canada, and the American College of Sports Medicine position paper on nutrition and athletic performance recommends for athletes to consume 6 to 10 grams of carbohydrates per kilogram of body weight each day, whereas some sources set the minimum recommended value at approximately 5 grams of carbohydrates per kilogram of body weight per day. In order to determine the specific amount of carbohydrates required to support an athlete's energy requirements, several factors such as gender, type of sport, and environmental conditions have to be taken into consideration (ADA, 2009).

2.7.2. Protein

According to F- MARC Nutrition for football published by FIFA (2010) protein has been considered a key nutrient for sporting success by athletes of all eras and in all sports. Protein plays a key role in the adaptations that take place in response to training. Amino acids from proteins form building blocks for the manufacture of new tissue, including muscle, and the repair of old or damaged tissue. They are also the building blocks for hormones and enzymes that regulate metabolism and other body functions. Protein provides a small source of fuel for the exercising muscle.

Dietary surveys show that most players who eat enough to meet their energy needs already consume diets that provide protein intakes above 1.2-1.6 g/kg/d, even without the use of protein supplements. Therefore, most players do not need to be encouraged or educated to increase their protein intakes. Rather, anyone who consumes adequate energy intake from a variety of nutrient-rich foods should be confident of meeting their protein needs, including any increases that could arise from high-level training Players most at risk of failing to meet their protein needs are those who severely restrict their energy intake for long periods or who lack dietary variety. An adequate energy intake is also important in promoting protein balance or increasing protein retention.

Protein recommendations for athletes differ depending on the level at which the athlete trains and what type of sport the athlete is involved in, such as endurance vs. strength sport (Lamon, 2000). According to the most recent DRIs, the general protein recommendation for all adults (excluding pregnant and lactating women), active or sedentary, is 0.8 grams per kilogram of body weight per day (ADA, 2009).

2.7.3. Fat

According to F- MARC Nutrition for football published by FIFA (2010) fat is a very important and necessary part of a player daily dietary intake. Out of the macronutrients, it provides the greatest amount of energy per gram, and provides essential nutrients such as fat-soluble vitamins, D, A, K, and E and essential fatty acids. Dietary Guidelines for Americans (2005) recommend fat intake to make up between 20-35% of total calories with the majority of fat coming from polyunsaturated and monounsaturated sources, less than 10% coming from saturated sources, and minimal amount coming from trans fatty acids.

An individual's body fat stores represent a lifetime history of the balance between energy intake and energy expenditure. Fat is the major energy store in the body, and is an efficient way to store excess energy for use in times of need.

A player will perform best when the amount of body fat is within his or her individual optimum range. This will vary between individuals, and will also vary across a player's

career, so there is no single value that is ideal and less is not always better. If the body fat stores fall too low, health will suffer. If body fat stores are too high, the player will be slowed down by having to carry unnecessary additional weight. Excess body fat is also a health risk. It is important, therefore that players manage their food intake and energy output to achieve an optimum body size and body composition. (Practical guide to eating and drinking for health and performance 2005)

2.7.4. Vitamins and Minerals

Hard training and match play place a heavy stress on the body, but good food choices can reduce the risk of harm. Adequate intakes of energy, protein, iron, copper, manganese, magnesium, selenium, sodium, zinc, and vitamins A, C, E, B6, and B12 are particularly important to health and performance. These nutrients, as well as others, are best obtained from a varied diet based largely

on nutrient-rich foods such as vegetables, fruits, beans, legumes, grains, lean meats, fish, dairy products, and unsaturated oils. Dietary surveys show that most players are able to meet the recommended intakes for vitamins and minerals by eating everyday foods. Those at risk of sub-optimal intakes of these micronutrients include:

- players who restrict their energy intake, especially over long periods, to meet weight loss goals
- players whose diets lack variety and who eat a lot of foods with a poor nutrient-density

The best way to correct this situation is to seek advice from a qualified sports nutrition expert such as a sports dietitian. When food intake cannot be adequately improved – for example, when the player is travelling in a country with a limited food supply - or if an individual is found to be suffering from a lack of a particular vitamin or mineral, then supplementation may be warranted. This should be undertaken with the advice of a qualified sports nutrition expert. In general, a broad range multivitamin/mineral supplement is the best choice to support a restricted food intake, although targeted nutrient supplements may be necessary to correct an established nutrient deficiency (e.g. iron deficiency) Mauguan RJ (1997).

2.7.5. Fluid

Proper hydration and athletic performance go hand in hand. It is vital for athletes to consume adequate amounts of fluids before, during, and after exercise to optimize athletic performance, maintain health, and avoid dehydration and heat related injuries (ADA, 2009). If an athlete loses >2% of body weight through fluid loss, dehydration occurs which can impair athletic performance, cognitive performance, and place an athlete at greater risk of experiencing heat syncope, heat exhaustion, and even heat stroke (Nichols et al., 2005, Sawka et al., 2007). To help prevent dehydration and protect athletes from heat illness the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine position paper on nutrition and athletic performance (ADA, 2009) established fluid intake recommendations for athletes before, during and after exercise. It is recommended that individuals drink 5 to 7ml per kilogram of body weight of water or sports drink prior to engaging in physical activity (at least 4 hours before) (ADA, 2009). Also, they need to consume16 ounces of water or a sports drink 1 hour before physical activity (davies, cooke and king1997)). During exercise, several factors influence the hydration status of an athlete, including the following: the type of exercise, duration, intensity level, environmental conditions, and individual's sweat rate (ADA, 2009); thus, the amount and rate of fluid to be consumed should be estimated based on individual athletes' needs and specific environmental conditions in which the exercise takes place (ADA, 2009). In general, it is recommended for an individual to consume 4 to 8 ounces of fluid every 15 to 20 minutes of activity and if activity lasts longer than 1 hour, athletes are encouraged to consume a beverage that contains 6% to 8% carbohydrate, sodium, and potassium in order to provide energy and replace electrolytes loss through sweat (ADA, 2009). After exercise, it is recommended for individuals to consume 16 to 24 ounces of fluid for every pound loss of total body weight (prior to exercise) from sweat loss (ADA, 2009).

Players should limit dehydration during training and matches by drinking water or a sports drink. Obvious opportunities to drink during a match include warm-up and at half time.

During training, the coach or manager should organize drink breaks according to the weather and intensity of the session.

Training allows opportunities for players to get a feel for sweat rates and fluid needs so that drink practices can be adjusted accordingly (see box). It is not necessary to drink enough to match sweat loss, but the amount of dehydration should normally be limited to a loss of less than about 2% of body weight (i.e. 1.0 kg for 50 kg person, 1.5 kg for a 75 kg person, and 2 kg for a 100 kg person).

The negative effects of dehydration on high intensity performance are greater in warm environments, so drinking practices in these conditions should be upgraded to reduce the overall fluid deficit. This may include drinking at the side-line when match play is interrupted, or having extra drink breaks during training sessions.

There should never be a need to drink more than the sweat loss so that weight is gained during exercise. This will not help performance and is likely to cause gut discomfort Sawka MW (1999).

2.7.6. Fluids and Their Importance

The Official U.S. Youth Soccer Coaching Manual (2002:76) states that, at a level of only 1-2% dehydration, a young football/soccer player will start to feel prematurely tired or fatigued. In addition to this, Foundation Soccer Coaching Manual (2008:248) explains that, dehydration, the loss of body water, impairs exercise performance and increase the risk of heat injury.

Sweat losses will depends on a number of factors including body weight, genetic predisposition, protective cloth in, the environment, the intensity and duration of the exercise. Research has shown that sweat rates can range between 0.5-2.0 liters per hour over a range of different sports in different environment (Bergeron, 2003).

Therefore, at rest players should drink adequate amount of water in order to control their body temperature during training, for eliminate of waste products from metabolism and for

energy production. Moreover, the Official U.S. Youth Soccer Coaching Manual (2002:76) recommends that drinking before, during, and after a game of football/soccer as follows:

- Before a training session, drink 2 cups of fluid one hour prior to playing.
- During a training session, make an effort to drink 0.5 cup of fluid every 15-20 minutes of training or play time.
- After training or at the end of the training session, drink immediately and often until urine color is very light yellow to clear.

2.8. Timing of Diet

2.8.1. Diet before Match/Training

According to Clyde Willimas and Luis Serratosa (2006) sited planning a nutritional strategy for match day begins by first knowing the time and location of the match. Thereafter, the team nutritionist can work out how much time is available for meals and then recommend their composition bearing in mind the culinary likes and dislikes of the players.

What players should eat on match day is a frequently asked question in sports nutrition. The recommendation from the available evidence is that players should eat a high-carbohydrate meal about 3 h before the match. This may be breakfast when the matches are played around midday, lunch for late afternoon matches, and an early dinner when matches are played late in the evening. The combination of a high-carbohydrate pre-match meal and sports drink, ingested during the match, results in a greater exercise capacity than a high-carbohydrate meal alone. There is evidence to suggest that there are benefits to a pre-match meal that is composed of low-glycemic index (GI) carbohydrate foods rather than high-GI foods. A low- GI pre-match meal results in feelings of satiety for longer and produces a more stable blood glucose concentration than after a high-GI meal.

The two key nutrients important before exercise are water and carbohydrate. Importance of carbohydrate-rich foods that can easily be eaten as an early morning, mid-morning, afternoon or early evening pre-exercise meal include.

• Raise blood sugar

• Protect glycogen stores
• Provide an immediate form of easy, accessible fuel.

In order to sustain for prolonged period of physical exercise (activity), players should eat much amount of carbohydrate foods than proteins and fats because carbohydrate is an immediate source of energy. In relation to this, MacLaren D. expresses, in Reilly T. (1996:114) that the most important aspects of pre-competition meals are to elevate the body's carbohydrate stores, ensure hydration and yet provide satisfaction for the player. However, while eating (taking) carbohydrate foods before training it is important to eat three hours before the training session. Moreover, he states that; soccer/football players should leave at list a 3-hour interval between a full meal and competition in order to minimize gastrointestinal problems such as nausea and a feeling of fullness.

According to the official U.S. Youth Soccer Coaching Manual (2002:71) the two key nutrients important before training or competition are carbohydrate and water. More specifically, as sited in Reilly T. (1996:112) explains that; the meal should be high in carbohydrates, preferably complex carbohydrates such as bread, cereals, pasta, rice, potatoes, fruits and vegetables.

Most players appreciate the need to rest and eat well during the days prior to an important match, but questions arise regarding how much to eat, what type of food and when is the best time for the pre-game meal.

Players who start a game with low glycogen stores are likely to end up being substituted before the end of the game. Attention should also be given to optimizing water and salt levels in the body. However, during the 2-4 days prior to a competition, a player 's need for protein and fat, as well as most other nutrients, typically does not increase above the levels that are recommended for normal moderate level training. Nutrition on match day is all about performance and this is often where tailor-made sports foods can help to meet special match needs more practically than everyday foods.

2.8.2. During Match/Training Diet

Fluid loss as little as 2% of body weight (1.4kg in 70 kg athlete) has been shown to decrease endurance performance (casa et al,2003) Depletion of fuel stores can be an issue for football matches, especially for players in mobile positions or with a running game style. High carbohydrate strategies – fueling up for the game and consuming extra carbohydrate during the match – have been shown to enhance performance in such players.

Better intake of fluid and fuel during a game may not only keep players running further and faster in the second half of a match, but it can also help to maintain skills and judgment when players would otherwise become fatigued. Games are often won and lost in the last minutes of the match, and fatigued players are at increased risk of injury (Sawka MN and Coyle EF 1994.

The use of commercial sports drinks with a carbohydrate content of about 4-8% (4-8 g/100 ml) allows carbohydrate and fluid needs to be met simultaneously in most events. The intake of carbohydrate that is generally associated with performance benefits is 20-60 g per hour. Sodium should be included in fluids consumed during exercise lasting longer than 1-2 hours or by individuals during any event that stimulates high salt losses. You can recognize "salty sweaters" by the salt rings on their clothes at the end of a hard session on a hot day. Players who lose a lot of salt may be more prone to muscle cramps. Adding a little extra salt to food and drinks and using the higher sodium version of sports drinks may reduce the risk of cramping for these players, but probably does not benefit other players.

Caffeine is present in many commonly available drinks (tea, coffee, cola, etc.) and sports foods (e.g. gels, some sports drinks) and can enhance endurance during prolonged exercise. This benefit can be obtained with the relatively small doses of caffeine that are commonly consumed by people of various cultures (e.g. about 2-3 mg/kg bodyweight as found in a 1-2 cups of brewed coffee or 750-1500 ml of a cola beverage (Williams and Seratossa 2006).

> ***150ml of non-carbonated electrolyte (and protein if possible) containing sports drink consumed every 15 min and small selection of salt containing snacks at half time. www.scientific-football.com***

2.8.3. Post-Match/ Training Diet

Recovery after exercise is part of the preparation for the next exercise session, and replacement of sweat losses is an essential part of this process. Both water and salts lost in sweat must be replaced. Aim to drink about 1.2-1.5 liters of fluid for each kg of weight lost in training or matches. Drinks should contain sodium (the main salt lost in sweat) if no food is eaten at this time, but most meals will contain adequate amounts of salt. Sports drinks that contain electrolytes can be helpful, but many foods can also supply the salt that is needed. A little extra salt may be added to meals when sweat losses are high, but salt tablets should be used with caution.

When players work hard, they lose sweat – in a game on a hot day, sweat losses may reach 3 liters. On a cold day, though, some players will lose very little sweat. Every player's hydration needs are different and will vary with the weather over the season. Just as general training and competition strategies should be tailored for individual athletes in accordance with their unique needs and preferences, so should their drinking and eating choices during exercise. Players, coaches, and trainers should fine tune these recommendations to identify their own winning formula.

The major considerations after competition are to replenish carbohydrate and fluid losses. As already mentioned, it is important to consume carbohydrates as soon as possible after exercise in order to achieve a quick and complete glycogen restoration (Don MacLaren, sited in Reilly T. (1996)).

In this regard the Official U.S. Youth Soccer Coaching Manual (2002:75) indicates that, what is eaten after exercise determines how quickly the young athlete recovers and is able to perform either the next day or during a consecutive game. First carbohydrate rich foods eaten within the first two hours after intense physical activity restore glycogen, the body's storage form of

carbohydrate. The second nutrient to play attention after exercise is protein. By eating adequate protein after exercise young football/soccer players give themselves an advantage in two ways. First, they are eating appropriate nutrients (amino acids) to help repair the wear and tear on their muscle cells

and secondly, they are eating the nutrient that will promote growth of muscle cells. The combination of carbohydrate and protein after exercise is the key formula for optimal recovery along with adequate fluid.

Players should aim to replace 50% of their body weight losses within 2 hours of finishing the game using a 2 liter 50:50 combination of water and electrolytes consumed in small amounts to enhance fluid retention. www.scientific-football.com .

2.9. Variables Influence Nutrition Attitude and Interest

2.9.1. Food Attitude and Interest

Food attitudes are formed early in child hood and are rein forced by a diversity of familial, social and cultural influences which makes food habits one of the most resilient of all habits in acculturation contexts (Rozin, 1990 Rozin and Schiller, 1986 as cited by Abate 2001).

It is possible to discriminate between the affective Vs cognitive bases of food attitudes (Dube and Cantin, 2000, Letarte, Dube and troche, 1997; Shiv and fedora Khin, 1999 as cited by Abate 2001). In the context of food, affective bases or origins, pertain to the sensations, feelings and emotion one experienced in responses to food like pleasant taste and mouth feel, the pleasure of sharing it with friends, or the emotion that arise from its consumption. By contrast, cognitive bases contain positive and negative attributes and consequences of a more functional or symbolic nature, like nutritional value, convenience or health consequences.

Eating attitude is beliefs, thoughts, feelings and behaviors towards food (American dietetic association).

2.9.2. Culture

Linton define cultures as the way of life of a society that is, culture provides the social members with “an indispensable guide in all affairs of life”

2.9.3. Culture and Food Interest

Everyone seems to believe that the determinants of food related interest are complex and that a multi-disciplinary approach is needed.

Dickens D (1965) presented four concepts (culture. social, personal and situational) under which the determinants of food practices should be categorized.

Dickens viewed cultural causes resulted from environmental condition such as climate, technology, geography and food availability. Social determinants include friends, relatives, and family members: personal factors included age, education and psychological characteristics, situational factors were income and employment of home maker. Leininger conceptualized that difference in food practices are related to how people use food with in a culture people use food for nourishment, to express friendliness and maintain interpersonal relationships, to cope with stress and tension, to enhance sport performance and for religious and creative expressions.

2.10. Fasting

Fasting is the voluntary abstention from eating and drinking. Is an integral part of all of the worlds.

Fasting is defined as a partial or total abstention from all foods, or a select abstention from prohibited foods. As a potential non-pharmacological intervention for improving health and increasing longevity, fasting has been the subject of numerous scientific investigations.

2.10.1. Fasting and Sport

Most sports men observe an overnight fast on a daily basis and the human body copes well with short duration fasting. Periodic fasting is widely practiced for cultural, religious or health reasons. Fasting may take many different forms. Prolonged restriction of food and fluid is harmful to health and performance and it is often automatically assumed that intermittent fasting will lead to decrements in exercise performance. Players who choose to fast during training or competition may therefore be at a disadvantage. Both, total fat and total protein intake decrease during fasting periods, while total carbohydrate intake does not change in terms of vitamins and minerals intake, both riboflavin and calcium

intake decrease during fasting periods. (The Impact of Religious Fasting on Human Health Nutrition Journal 2010).

Prolonged periods of training in the fasted state may not allow optimum adaption of muscle and other tissues. (R.J Maughan Bartogiz, Dvorok J, etal,1997)

2.10.2. Effect of Ramadan Fasting on Players Nutritional Intake

The timing of food and liquid in take depends on the times of sun set and sun rise during the month of Ramadan.

Aside from macronutrients, vitamins and minerals are generally consumed in similar amounts during Ramadan

During Christian fasting periods faster abstain from fish and olive oil, dairy products, eggs and meat during these periods diet consists largely of bread, fruits, ligaments, nuts, seafood and vegetables.

Daily kcal intake may or may not decrease during the fasting periods. In terms of percentage of energy consumption, there appears to be a consensus Christian fasting increase carbohydrate intake and decrease fat intake. Also, the amount of protein intake relative to carbohydrate and fat intake may or may not decrease during fasting when expressed as an absolute amount (Mauguan RJ 2010).

CHAPTER THREE

3. RESEARCH METHODOLOGY

3.1. Research method

The present study employed quantitative research design. A quantitative design helps to make numerical description of player's interest and attitude towards nutrition

3.2. study area

The study was experimental type of study in order to investigate the interest and attitude of Mehal amba under twenty football projects towards nutrition

3.3. Design of the study

The research would be designed to explore the interest and attitude of nutrition for the participation of male in football game in case of Mehal amba town. This research use both qualitative and quantitative descriptive research design.

3.4. Study population

This study will conduct in Mehal Amba town male football game project. The researcher takes 18 athletes from the total number of 25 male football, 2 coaches, 1 sport office so the number of participates is enough and manageable

3.5. Source of Data

main source of the data is male players in football game in case of Mehal amba town as would coaches. This study would be using both primary and secondary source of data from the primary data Interview, questionnaire and observation would be administrated for secondary source of data relevant books; internet and other would be used.

3.6. Sampling techniques and sampling size

The sample size determines by using random sampling techniques eighteen male athletes, two coaches, one sport office would be used the sample of informants from which the data would be collected.

3.7. Data collection instrument

In order to collect the data for analysis, the researcher used observation, questionnaire and unstructured interview. Triangulation, a multi-method approach is implemented to maintain the validity of the study and to acquire information from different sources. The use of different tools helped to see the situation in-depth. The detail of each data collection instruments is discussed as follows:

Observation

In order to obtain information about availability of facilities and equipment's, principles of training applied by the coaches, observation has been used by the researcher. However, some the teams have been found completely out of training during their program of the training session. This was because of the occupation of their training filed by the senior and some primer league participant teams which come from different regional states. Therefore, these problems have contributed for the number of observations made to be more than three consecutive training sessions.

Questionnaire

Questionnaires were also used to collect relevant information from players and coaches. Open and close-ended questions were distributed and collected from the respondents. Out of the total questionnaires distributed to the target population, 18(72%) from players and 2(100%) from coaches were returned. Since the majority of players and all of the coaches returned the questionnaire then the analysis was made using the responses of 18 players and 2 coaches.

Interview

Interview guide has been prepared and conducted in order to gained information about availability of facilities and equipment's, qualification level of the coaches, and number of players who are upgraded to the main team. Information related with nutritional facilities for players also obtained from administrative officials.

3.8. Methods of Data Analysis

After the researcher would gather the information would be grouped tabulated and integrated by analysis procedure were used finally possible definition, conclusion and recommendations forwarded. The researcher would tool on qualitative issue to interpret, make clear as well as to express the collecting mainly in the case of interest and attitude of Mehal Amba under twenty football projects towards nutrition males in football game in case of Mehal Amba town. The researcher would be used quantitative descriptive method for analyzing the collected data means to express by percentage.

CHAPTER FOUR

4. PRESENTATION AND ANALYSIS OF DATA

This chapter presents the data and the results of statistical analysis. This includes the descriptive statistics, mean, standard deviation and one-way analysis of variance.

Table 1: Demographic Characteristics of the Sample

Variables		N	%
Age	15-16	3	16.7%
	17-18	8	39%
	19-20	7	44.4%
Position of playing	Goal keepers	3	16.7%
	Defensive	6	33.8%
	Midfield	6	33.8%
	Attacking	3	16.7%
Experience in club	1-2	3	12%
	3-4	-	
	5-6	-	

	>7	-	
Cultural influence	Yes	4	16%
	No	14	84%
Habits of fasting	Yes	11	60%
-	No	7	40%

As we can see from table 1, the total no of participants for this study is 18 players. From this when we see their age 3(16.7%) are in the age range of 15-16 years, 8(39%) are in the age range of 17-18 years, and the rest 7(44.4%) are in the age range of 19-20 years.

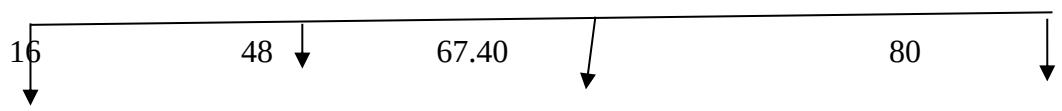
When we see their playing position there are 3(16.7%) goal keepers, 6(33.8%) defensive, 6(33.8%) midfield and 3 (16.7%) are attacking players when we see their experience of playing in the club 3(12%) are in the experience range of 1-2 above years. From the total participants 14(84%) have no cultural influence on its own nutritional interest and attitude and 4(16%) have cultural influence in its own nutritional interest and attitude. When we see its experience (habit) in fasting during fasting season 7(40%) have no fasting habit and 11(60%) players have habits of fasting in fasting season.

Table 2: Descriptive Statistics of the Scores of Player's Interest towards Nutrition

Variable	Number of items	N	Mean	SD	Minimum Possible Score	Maximum possible score
Interest	9	18	67.40	7.071	16	80

As we can see from the above table, the mean of player's attitude towards nutrition is 67.4 and the standard deviation is 7.071.

Figure 1: Diagrammatical Representation of Player's interest towards Nutrition.



Minimum Median Mean Score Maximum Possible Score
possible score

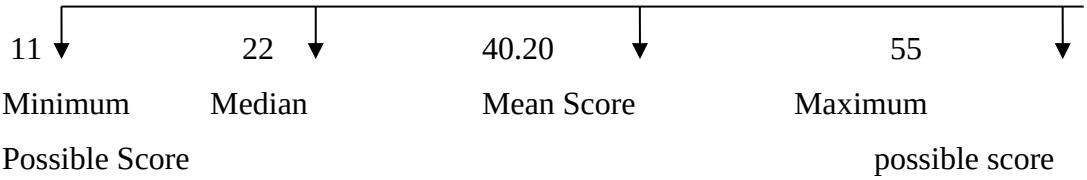
Thus, the gaps from the mean scores to the highest scores are reaching the area which needs to be improved to have more positive attitude.

Table 3: Descriptive Statistics of the Scores of Player's Attitude towards Nutrition

Variable	Number of items	N	Mean	SD	Minimum Possible Score	Maximum possible score
Attitude	4	18	40.20	5.701	11	55

As we can see from the above table, the mean of players' attitude towards nutrition is 40.20 and the standard deviation is 5.701

Figure 2: Diagrammatical Representation of Player's Attitude towards Nutrition



Based on the figure above the gaps from the mean scores to the highest scores is the area which requires improvement to have more positive attitude.

Table 4: Mean and Standard Deviation of the Scores of Players Interest towards In Its Nutrition Attitude in Age Categories

Age categories			Interest	
Group	Range of age in years	N	Mean	SD

1	15-16	3	70.33	3.786
2	17-18	8	65.47	7.400
3	19-20	7	72.20	4.764

As we can see the result in table7 players in third group holds the highest mean interests while those in second group holds the lowest mean interest. The first group and the third group mean result is higher than the second group. From this we can understand that an increment in player's age does not show either a constant increment or decrement in their interest of players towards nutrition.

Table 5: Mean and Standard Deviation of the Scores of Player's Attitude in Nutrition in Age Categories

Age categories			attitude	
Group	Range of age in years	N	Mean	SD
1	15-16	3	17.66	5.033
2	17-18	8	44.44	5.861
3	19-20	7	38.88	6.535

As we can see the result in table 65the general trend of the group is consistent that means the first group has lower mean attitude than the second ,the second group has lower mean attitude than the third group From this we can understand that an increment in players age show constant increment in players attitude towards nutrition.

4.1. Descriptive Data of Players in Different Groups of Playing Positions

Based on their playing position players were grouped in to four groups. Based on this criterion 3 players are goal keepers, 6 defensive players, 5midfield players and 4 players are attackers. The descriptive data of the four groups are presented in table 6 below.

Table 6: Mean and Standard Deviation of the Scores on Player's Interest towards Nutrition in Different Playing Position

Playing Position	Interest

Group	Playing position	N	Mean	SD
1	goal keeper	3	16.67	3.342
2	Defensive player	6	34.75	7.334
3	Midfield player	5	31.34	6.783
4	Attacking player	4	27.75	5.500

As table 6 shows defensive players have high mean interest result than the other and midfield players have low mean interest result than goal keeper, defensive and attacking players.

Table 7: Mean and Standard Deviation of the Scores on Player's Attitude towards Nutrition

Playing Position			Interest	
Group	Playing position	N	Mean	SD
1	goal keeper	3	16.7	3.245
2	Defensive player	6	33.3	6.796
3	Midfield player	5	27.8	5.398
4	Attacking player	4	22.22	4.500

Table 7 shows players mean result on player's attitude towards nutrition. As the data shows goal keepers have high (positive) nutritional attitude towards the listed recommend nutrition and mid field players show low attitude towards nutrition.

Table 8: Mean and Standard Deviation of the Scores on Players Interest towards Nutrition in Different Playing Experience Grouping

Group	Range of experience	N	Mean	SD
1	1-2	3	17.7	3.678
2	3-4	-	-	-
3	5-6	-	-	-

As we can see the result in table 8 players interest towards nutrition in different playing experience are 17.7 of mean and 3.678 of standard Deviation. As we can table 8 there is no consistent interest different among groups depends on experience towards nutrition.

Table 9: Demographic Characteristics of the Respondents' (Coaches)

Age	31-35 36-40 Total	2 - 2	100% -%
Educational level	Diploma Degree Total	1 1 2	50% 50%
Coaching level	Level 1 Level 2 FIFA level	2 - -	100% -% -%
	Total	2	

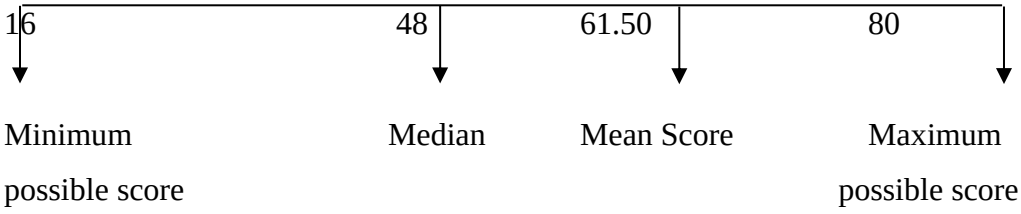
As we can see from table 9 the total number of coach participants for this study is two (2) when we see their age 2(100%) are in the age range of 31-35 years and 0(0%) are in the age range of 36-40 years. When we see their educational levels there are 1(50%) Diploma holders and 1(50%) degree holders .when we see their coaching level 2(100%) Have level 1 coaching license, 0(0%) are second levelly of coaches and the rest 0(0%) FIFA coaches'.

Table 10: Descriptive Statistics of the Scores of Coaches Recommendation towards Players Nutrition Interest

Variable	No of items	N	Mean	SD	Minimum possible score	Maximum possible score
Interest	10	2	61.50	9.317	16	80

As we can see from the above table the mean coach recommendation towards player's nutritional interest is 61.50 and the standard deviation is 9.317.

Figure 3: Diagrammatical Representation of Coaches Recommendation towards Players Nutritional Interest



Thus, the gaps from the mean scores to the highest scores are the area which needs to be some improvement to have more positive recommendation.

4.2. Discussion

4.2.1. Players Interest and Attitude towards Nutrition

The result of the descriptive statistics of the scores of player's interests towards nutrition in table 2 indicates the players mean interest score is just above the median. This result is clearly shown in figure 1. The result reveals that player's interest leans towards positive direction. The result is encouraging but there is some deal required in player's interest towards nutrition.

The performance of footballers is enhanced by balanced diet, to become successful and effective players according to Clar KL (1994) during 90-minute game players cover around 10km and also undertake different kinds of movement. According to Mangham (1997) players energy in take ranges from 11mj-15.7mj so to get these and enhance player's level of performance Bangsobo (1996) recommends 21.5% from fat, 61.5% from carbohydrate and 14% from protein. According to Clark (2003) essential range of food for footballers are grouped into four categories A) meat and meat alternatives: meat, fish, eggs, beans and

nuts B)vegetable and fruits: root and leafy vegetables, salads, oranges, and banana C)Dairy products: milk, cheese, yoghurt and D)starchy food: bread, pasta, rice, cereals and potatoes.

The result of the descriptive statistics of the scores of player's attitudes towards nutrition in table 3 indicates the players mean attitude score is just above the median. This result is clearly shown in figure 2. The result reveals that player's attitude leans towards positive direction. The result is encouraging but it needs improvement to be more positive towards the scientific nutritional recommendation.

The result of the study is agreed with Williams and Luis Serratosa(2006) research result. According to William and Luis Serratosa (2006) sited having positive nutritional attitude, nutritional knowledge, towards scientific nutrition are important to be effective to reduce injury and to have good endurance.

The nutritional attitude of players towards eating food 3-4 hours before the game responded negatively.

What players should eat on match day is a frequently asked question in player's nutrition. The recommendation from the available evidence is that players should eat high carbohydrate rich foods about 3-4 hours before the match. This may be breakfast when the matches are played around mid-day, lunch for late afternoon matches and an early dinner when matches are played late in the evening.

The response of players towards the importance of water is leans to positive. 80% respond in a positive but they have negative responses towards the intake of water within 15-20 minutes intervals. According to Bergeron (2003) changes in body's water content can impair endurance performance. Without adequate fluid replacement, exercise tolerance shows a pronounced decrease during long term activity because of water loss through sweating.

The official us youth soccer coaching manual (20002:76) recommends that drinking before and during a game of football as follows: Before Training seasons, drink 2 cups of fluid

one hour prior to playing, during a training/ match make an effort to drink 0.5 cup of fluid every 15-20 minutes of play/training time.

Result of study towards the influence of nutrition in performance level is leans to negative. In order to become effective during training and competition R. J Maugham (2010) recommends players should personally mange their energy stores of body fat, carbohydrate (muscle fuel) and protein (Muscle mass) by managing intake and expenditure of these nutrients separately. Players respond negatively towards alcohol consumption 80% of players are interested in drinking alcohol.

Players who have interest of drinking alcohol is expose for fast dehydration, lose consistent performance. According to Michael gold (1993) alcohol drinking is not advisable for footballers because the body can absorbed it slowly and it impeded rehydration, make players forget about following sound recovery practices such as treatment for in injuries, adequate sleep or optimal eating and drinking

In contrast to this F. MARC nutrition for football published by FIFA (2010) indicates alcohol is a personal choice and there is no evidence of impairments to health and performance when alcohol is used sensibly.

CHAPTER FIVE

5. Summary, Conclusions and Recommendation

5.1. Summary

The objectives of this study were to investigate the nutritional interest and attitude of Mehal amba under twenty football project players. Based on this general objective

Research question were raised. These were:

1 What is the nature of the players interest and attitude that holds towards nutrition?

2 Is there a statistically significant mean difference between players having cultural influence and those have no cultural influence on their interest and attitude towards nutrition?

3 Is there a statistically significance mean difference between players having fasting habits and those who have no fasting habits on their interest and attitude towards nutrition?

4 Is there statistically significant mean difference between players in different age categories on their interest and attitude towards nutrition?

5 Is there a statistically significant mean difference between players in different playing position and duration of experience on their interest and attitude towards nutrition?

To answer the above questions which were raised in the research question data which were collected from 18 players and 2 coaches. The instrument is a liker type five-point scales with a response category. The scale includes 18 items for players and 2 items for coaches. Before conducting the study, the letter cooperation was given to the club administrator. After permission was approved, the questionnaire was distributed and collected through the club administrators.

The data collected from the participant was analyzed by using quantitative methods, descriptive statistics mean and standard deviation. The result revealed that the player's interest and attitude and coach's recommendation towards nutrition leans towards positive direction.

The other result of this study which indicates that there was no significant difference between players having cultural influence and those have no influence, and between players who have fasting habits and those have no fasting habits towards nutrition.

The other result of this study was the one-way analysis of variance result which indicates that there was no significant difference among groups of players with differing playing experience on their interest and attitude towards nutrition.

The other result of this study was the coach recommendation towards players nutrition was leans to positive direction.

5.2. Conclusion

Based on the findings of the study the following conclusions were drown:

Mehal amba under twenty football project players had nutritional interest and attitude which leans towards positive direction. However, much more remains to be improved

There was no statistically significant mean difference between players who have cultural influence and those who have no cultural influence in its interest and attitude towards nutrition. Thus, there is no cultural influence in players' interest and attitude.

There was no statistically significant mean difference between players who have fasting habits and those who have no fasting habit in its nutritional interest and attitude. Thus, there is no fasting influence in players' nutritional interests and attitude.

There was difference in players' nutritional attitude in different age group but the difference is not statistically significant.

There was no statistically significant mean difference between players with deferent playing position on their nutritional interest and attitude. But mid field players have low nutritional interest and attitude

There was no statistically significant mean difference between players playing experience in its interest and attitude towards nutrition.

5.3. Recommendation

Based on the results of the study and conclusion made the following recommendations are suggested:

Players should know scientific nutritional recommendation.

The project administrators should arrange training program for players concerned on scientific nutritional program by food nutritionist (Dieticians).

The project administrator needs to facilitate training for coaches about nutrition.

Players should avoid negative attitudes towards nutrition

The project administrators should recruit nutritionist for the club.

Further studies should be conducted to examine players interest and attitude towards nutrition.

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APPENDIX 1

WOLKITE UNIVERSITY

SCHOOL OF POST GRADUATE PROGRAM Department of Life Science 2013

Questionnaire Filed Mehal amba under twenty football project Player

Dear Players

The purpose of this study is to examine attitude of players towards your eating habit. Your participation in this research is on voluntary bases.

It does not affect you personally and the responses will be kept in absolute confidentiality. Your responses will be used only to this research purpose. To maintain anonymity, you are not required to write your name. The success of this study is highly dependent on your genuine and timely response. Therefore, your honest and responsible cooperation in filling the questionnaire is highly indispensable. You have to read and follow the instructions given for the questionnaires carefully.

I forward my sincere thanks for your cooperation.

General Direction: -

- No need of writing your name

- Fill in the blanks and circle that you choose from the alternative

Part I Demographic in formation

1. Name of the club_____
2. Age _____
3. Position of playing _____
4. How many years have you played in the club _____?
5. Do you have cultural influence in your diet?
   A. Yes B. No
6. Do you fast in fasting season? A. Yes B. No

Part II Put an "X" Mark on the Given Space That Best Describes Your Interest towards Food Items

No	Food items	I like very much	I like	I do not mind	I dislike	Strongly dislike
1	Kitfo					
2	Kekele					
3	Tibse					
4	Row meat					
5	Doro					
6	Pasta					
7	Yogurt					
8	Cheese					
9	Cereals					

10	Vegetable					
11	Fruits					
12	Bread					
13	Rice					
14	Egg					
15	Fish					
16	Milk					

Part III Put An "X" Mark on the Given Space that Best Describes your Agreement or Disagreement with the Statement.

No	Items/attitudes statement	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
1	Players must eat five times a day					
2	Players should not eat lot of sweet					
3	Fluids should be replaced before, during after exercise					
4	Food influence performance level					
5	Pre and during training carbohydrate rich foods are advisable					
6	To what degree do you know pre event meal should be eaten about 3-4 hours before competition					

7	Rely on thirst to ensure fluid replacement during and after competition is important.					
8	Carbohydrate food a make fat					
9	After competition drinking alcohol is important					
10	players are advised to eat fat reach foods					
11	For players protein are more important than carbohydrate					

If you have any comment on your Nutritional attitude write on the space provided:_____

_____

_____

Thank You!

APPENDIXES 2

WOLKITE University

School of Graduate Studies Department of Sport Science

Questions answered by the Coaches

Dear Coaches

The purpose of this interview questions is to gather information about the nutritional attitude of Mehal amba under twenty football project club footballers.

All information collected from you will be confidential. Your genuine and accurate responses can contribute a lot to the success of the research. So, I kindly request you to respond all questions honestly. Thank you in advance for your cooperation.

General Direction

- ✓ No need of writing your name
- ✓ Put "✓" sign in the box

Part one: - Personal back ground

Sex: - Male ☐ Female ☐

Age 20-25 Years ☐ 26-30 Years ☐ 31-35 Years ☐

36-40 Years ☐ above 40 Years ☐

Educational level: - 10 or 12 complete ☐ certificate ☐ oma ☐

degree and above ☐

coaching qualification level one ☐ evel two ☐ vel three ☐

FIFA coach ☐ Leve ☐ none ☐

Part Two

The Following Table is About Food Items which are Common in Ethiopian Players, How Do You Recommend Them for Your Players. Put "X" Mark on the Given Space that Describes your Interest with the Food Items.

No	Food items	I recommend very much	I recommend	I do not mind	I do not recommend	Strongly do not recommend
1	Kitfo					
2	Kekele					
3	Tibse					
4	Row meat					
5	Doro					
6	Pasta					
7	Yogurt					
8	Cheese					
9	Cereals					
10	Vegetable					
11	Fruits					
12	Bread					
13	Rice					
14	Egg					
15	Fish					
16	Milk					

Thank You!

APPENDIXES 3

ወልቂጤ ዩንቨርስቲ ድህረ ምረቃ ትምህርት ፕሮግራም

የስነ ህይወት ፋክሊቲ የስፖርት ሳይንስ ትምህርት ክፍል

ለእግር ኪስ ተጫዋቾች የተዘጋጀ መጠይቅ

የተከበራችሁ ተጫዋቾች፡-

የዚህ መጠይቅ ዋና አላማ የእናንተን የአመጋገብ ፍላጎት ማወቅ፣ መረጃ መስብሰብ እናም ጠቃሚ ሃሳቦችንና ለችግሩ አስፈላጊ መፍትሄዋችን ለሚመለከተው አካል ለማቅረብ ታስቦ የተዘጋጀ ነው። እናንተ የምትሰጡት መረጃ ከዚህ ጥናት ውጭ ሌላ አገልግሎት ላይ አይውልም ፤ሚስጥሩም የተጠበቀ ነው።

በጥናቱ ላይ የእናንተ ትክክለኛ እና እውነተኛ መረጃ መስጠት ለጥናቱ ከፍተኛ ጠቀሜታ ሰላለው ትክክልኛ የሆነ ምላሽ እንድትሠጡኝ እና በሦስት ቀን ውስጥ የጥያቄ ወረቀቱን እንድትመልሱልኝ እየጠየኩኝ ለምታደረጉልኝ ትብብር ከልብ ምስጋናዮን አቀርባለሁ ።

ማሳሰቢያ፡-

1. ለጥናቱ ጠቀሜታ ስላለው ስምህን መፃፍ አያስፈልግም
2. በተሰጠህ ክፍት ቦታ የ "✓" ምልክት በማድርግ እና በተሰጠህ ባዶ ቦታ ላይ በመፃፍ መልስህን ስጥ።

ክፍል አንድ፡- የተጫዋቾች የግል መረጃ

- የክለቡ ስም_____
- እድሜ 18-20 ☐ 20-25 ☐ 25-30 ☐
- የምትጫወትበት ቦታ _____
- በክለብህ የቆየህበት ጊዜ _____
- በአመጋገብህ ላይ የባህል ተፅእኖ አለብህ?

  ሀ. አለብኝ ☐ ለ. የለብኝም ☐
- በፆም ወቅት ትፆማለህ?

  ሀ. እፆማለሁ ☐ ለ. አልፆምም ☐

ክፍል ሁለት

በሚከተለው ሠንጠረዥ ውስጥ በኢትዮጵያ የተለመዱ የምግብ ዝርዝሮች ይገኛሉ ። እንዚህን ምግቦች ምን ያህል እንደምትወዳቸውና /እንደማትወዳቸው በተሰጠህ ባዶ ቦታ ላይ የ X ምልክት በማስቀመጥ ግለጽ።

ተ.ቁ	የምግብ ዝርዝር	በጣም እወዳለሁ	እወዳለሁ	ግድ የለኝም	አልወድም
1	ክትፎ				
2	ቅቅል				
3	ጥብስ				
4	ጥሪ ስጋ				
5	ዶሮ				
6	ፓስታ				
7	እርጎ				
8	አይብ				
9	ጥራጥሬ				
10	ቅጠላቅጠል				
11	ፍራፍሬ				

12	ዳቦ				
13	ሩዝ				
14	እንቁላል				
15	አሳ				
16	ወተት				

ክፍል ሦስት የአመለካከት ጥያቄ በአመጋገብ ላይ፡-በተሰጠህ ባዶ ቦታ ላይ መስማማትና አለመስማማትህን የ X ምልክት በማስቀመጥ ግለጽ።

ተ.ቁ	የአመለካከት ጥያቄ	በጣም እስማማለሁ	እስማማለሁ	አለወሰንኩም	አልስማማም	በጣም አልስማማም
1	ከውድድር በፊት መመገብ ያለብህ ከውድድሮ ከሶስት እስከ አራት ሰአት ቀደም ብለህ ነው። በዚህ ሀሳብ ትስማማለህ					
2	ውሃ ለመጠጣት እስኪጠማህ መጠበቅ አያስፈልግህም					
3	የምግብ ፕሮግራምህ በአቋምህ ላይ ተጽኖ ይፈጥራል					
4	በቀን አምስት ጊዜ መመገብ አለብህ					

5	ከውድድር በፊት በውድድር ሰአትና ከውድድር በሃላ በቂ ውሃ መጠጣት ያስፈልጋል					
6	ከውድድር በፊት በካርቦ ሀይድሬት የበለጸጉ ምግቦችን መመገብ ያስፈልጋል					
7	የእግር ኳስ ተጫዋች ብዙ ጣፋጭ ነገሮችን መመገብ የለበትም					
8	በካርቦሃይድሪት የበለጸጉ ምግቦዎች ያወፍራሉ					
9	ከውድድር በኃላ አልኮል መጠጣት ጠቃሚ ነው					
10	ተጨዎቾች በስብ የበለጸጉ ምግቦችን እንዲመገቡ ይመከራል					
11	ለተጨዎቾች ፕሮቲን ከካርቦሃይድሪት የበለጠ ከፍተኛ ጥቅም አለው					

ስለ አመጋገብዎ የሚፅፉት ተጨማሪ ሀሳብ ካለ

ይግለጹ_____

አመሰግናለሁ !!

APPENDIXES 4

ወልቂጤ ዩንቨርስቲ ድህረ ምረቃ ትምህርት ፕሮግራም

የስነ ህይወት ፋክሊቲ የስፖርት ሳይንስ ትምህርት ክፍል

ለእግር ኪስ አሰልጣኞች የተዘጋጀ መጠይቅ

ወድ አሰልጣኝ፡-

የዚህ መጠይቅ ዋና አላማ የተጫዎቾችን የአመጋገብ ፍላጎት (አመለካከት) ማወቅ፣መረጃ መሰብሰብ እንዲሁም ለችግሩ አስፈላጊ መፍትሄዎችን ለሚመለከተው አካል ለማቅረብ ታስቦ የተዘጋጀ ነው። እርሶ የሚሰጡኝ መረጃ ከዚህ ጥናት ውጭ ሌላ አገልግሎት ላይ አይውልም ፤ሚስጥሩም የተጠበቀ ነው።

በጥናቱ ላይ የእርሶ ትክክለኛ እና እውነተኛ መረጃ መስጠት ለጥናቱ ከፍተኛ ጠቀሜታ ሰላለው ትክክልኛ የሆነ ምላሽ እንዲሠጡኝ እና በሦስት ቀን ውስጥ የጥያቄ ወረቀቱን እንዲመልሱልኝ እየጠየኩኝ ለምታደረጉልኝ ትብብር ከልብ ምስጋናዮን አቀርባለሁ ።

ማሳሰቢያ፡-

1. ለጥናቱ ጠቀሜታ ስላለው ስምዎትን መፃፍ አያስፈልግም
2. በተሰጠዎት ክፍት ቦታ የ"✓" ምልክት በማድርግ መልስዎትን ይስጡ።

ክፍል አንድ፡- የአሰልጣኞች የግል መረጃ

1. ጾታ ወንድ ☐ ሴት ☐
2. እድሜ 20-25 ☐ 26-30 ☐ 31-35 36-40 ☐ ላይ ☐
3. የትምህርት ደረጃ፡- 10 ወይም 12 የጨረሰ ☐ ዲፕሎማ ☐ ዲግሪ እና በላይ ☐ ☐
4. የአሰልጣኝነት ደረጃ፡- ደረጃ አንድ ☐ ደረጃ ሁለት ☐ ደረጃ ሲ ☐ FIFA አሰልጣን ☐ ደረጃ ምንም ☐

ክፍል ሁለት

በሚከተለው ሠንጠረዥ ውስጥ በኢትዮጵያ የተለመዱ የምግብ ዝርዝሮች ይገኛሉ ። እንዚህን ምግቦች ተጫዎቾች እንዲመገቡ ምን ያህል እንደምትደግፍና እንደማትደግፍ በተሰጠህ ባዶ ቦታ ላይ የ X ምልክት በማስቀመጥ ግለጽ።

ተ.ቁ	የምግብ ዝርዝር	በጣም እደግፋለሁ	እደግፋለሁ	ግድ የለኝም	አልደግፍም	በጣም አልደግፍም
1	ክትፎ					

2	ቅቅል					
3	ጥብስ					
4	ጥሪ ስጋ					
5	ዶሮ					
6	ፓስታ					
7	እርጎ					
8	አይብ					
9	ጥራጥሬ					
10	ቅጠላቅጠል					
11	ፍራፍሬ					
12	ዳቦ					
13	ሩዝ					
14	እንቁላል					
15	አሳ					
16	ወተት					

አመሰግናለሁ!!

ABBREVIATION AND ACRONYMS

ADA- American Dietetic Association

DSHEA- Supplement Health and Education ACT

FIFA- Federation International De Football Association

FITT- Frequency, intensity, time and type

GI-Glycimic index

SPSS- Statistical Software Package for Social Science