

A Study for Turkish Underwater Sports Federation Athletes: Evaluation of the Street Foods Consumption

Authors : Su Tezel

Abstract : The paper deals with licensed athletes affiliated with the Turkish Underwater Sports Federation to assess the consumption status of street food. The aim of the paper is the frequency of training during competition preparatory training or season periods, the athletes' economic situation, social life, work-life or education situations are the directs them to street food? Also to evaluate the importance that athletes attach to their nutritional status. Data were collected with survey method. 141 underwater sports athletes participated in the survey. Empirical findings on 141 respondents are related to athletes' demographic information, which underwater sports branch they doing (underwater hockey, underwater rugby and free diving), with whom they live, training hours and frequency, street food consumption frequency and preferences, which type drinks they prefer drink with or without street foods and other similar things. Most of the athletes were male (64.5%), female (35.5%) and the most athletes from the sports branches included in the survey belong to underwater hockey (95.7%). 93.7% of athletes have a training time between 08:00 pm to 00:00 am and the frequency of consuming street food after training is 88%. As a remarkable result, 48% of the reasons for consuming street food easy access to street foods after training. Statistical analyzes were made with the data obtained and the status of street food consumption of athletes, whether they were suitable for professional athlete nutrition and their attitudes were evaluated.

Keywords : nutrition, street foods, underwater hockey, underwater sport

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