

## **Influence of Facilities, Equipment and Nutrition on Athletes Performance at the West African Universities Games Competitions**

**Authors :** Abdulai Afolabi Ahmed

**Abstract :** The research was undertaken to examine the influence of sports facilities, equipment, and nutrition on athletes' performance in West-Africa Universities Games (WAUG) with the objectives of finding the areas of success and failure. Relevant literatures were reviewed. The survey research design was adopted for the study. Availability of facilities, equipment and nutrition questionnaire (AFENQ) was administered on hundred (n-100) participants - athletes from five Nigerian Universities from South-West, Nigeria which included Federal University of Technology, Akure, Adekunle Ajasin University, Akungba-Akoko, Lagos State University, Oyo, Olabisi Onabanjo University Ago-Awoye and Ekiti State University, Ado Ekiti, Nigeria. The tests re-test reliability value obtained from the instrument using Pearson Product Moment Correlation co-efficient of 0.86 was used to analyze the result. While the questionnaire collected was subjected to influential descriptive statistics of multiple regression to analyse the data. The results of the data showed that facilities, equipment, and nutrition variables when taken together effectively predict the performance of the athletes during WAUG competitions. The implication is that sports organizers should provide sports resources for the improved performance of the athletes, and that, university managers should employ nutritionist to plan and prepare food for the university athletes before and after major competitions.

**Keywords :** athletes, equipment, extramural, influence, nutrition, performance

**Conference Title :** ICPESS 2017 : International Conference on Physical Education and Sport Science

**Conference Location :** Chicago, United States

**Conference Dates :** October 26-27, 2017