Student-Athlete Education

Sports Nutrition Curriculum of Education

“Education is the most powerful weapon which we can use to change the world”

Nelson Mandela
Current Issues

- New NCAA regulations mean we get limited access to players

- Awkward and inappropriate timings

- Minimal time to impact choices or drive change

- Athletes lack fundamental understanding
Team Talks

- Current team talks take time away from coaches

- IME coaches generally prefer to spend that time in other areas (*perhaps don’t yet value our importance*)

- We can give time back to coaches to coach

- Current team talks are unstructured, lack consistency and do not follow a logical or progressive pattern.
The Plan

- As of next school year develop a curriculum of nutrition education

- Allowing us to educate athletes once a month

- Topics vary depending on school year

- Will be delivered in the Jaqua centre
# The Plan

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<thead>
<tr>
<th>Time</th>
<th>11:00</th>
<th>11:30</th>
<th>15:00</th>
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<tr>
<td>Type</td>
<td>Fundamentals</td>
<td>Application</td>
<td>Specificity</td>
<td>Transitioning</td>
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The Plan

- 30-minute entertaining PowerPoint presentations
- Recordings of players
- Students present to their peers
- Involve media team (video clips & photos)
Fundamentals

Learning Objectives

- Theory:
  - Energy balance
  - Macronutrients
  - Micronutrients
  - Fiber
  - Hydration
  - Supplements & safety

- Cooking demonstrations

- Supermarket tours, shopping lists & meal planning

- Eating in dorms & around Eugene
Application

Learning Objectives

- Practical application:
  - Weight gain & weight loss: how & examples
  - Carbohydrate: performance & recovery
  - Protein: muscle growth & repair
  - Hydration: how & examples

- Cooking the above
Specificity

Learning Objectives

- Specificity:
  - How are you different from the next person?
  - Managing you diet day-to-day to maximal effect
  - Sport specific & position specific nutrition
## Transitioning

### Learning Objectives

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Ducks Move

- Fundamentals: 1 member of nutrition staff alongside 2 freshmen class go to local schools to talk about diet & nutrition

- Transitioning: 1 member of nutrition staff alongside 2 senior class members go to local schools to talk about diet & nutrition

- Conference: local high school kids come to UO & 1 member of nutrition staff, 1 freshmen and 1 senior present
Potential Issues

- Attendance
- Delivery
- Location
- Marketing

DUCK BUCKS & SNACKS
PLANNING & PREPARATION
JAQUA
COACHES, MEDIA, JAQUA & OTHER
Next Steps

- Matt present to SAAC & Ducks Move
- Finalise dates & times
- Book Jaqua
- Develop PowerPoints & other media
- Market, market, market, market & market some more
Questions