

## Nutrition Knowledge and Screening / UNLV Athletic Training

Name \_\_\_\_\_ Sport \_\_\_\_\_ Age \_\_\_\_\_

What is your height? \_\_\_\_\_ What is your current weight? \_\_\_\_\_ lbs.

What is your desired weight? \_\_\_\_\_ What is your body fat? \_\_\_\_\_ % \_\_\_\_\_ Don't know

What is your serum cholesterol? \_\_\_\_\_ mg/dL \_\_\_\_\_ Don't know

In the last year, what was your highest weight? \_\_\_\_\_ lbs. and lowest weight? \_\_\_\_\_ lbs.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please circle the answer that best answers the question.

|    |   |              |          |            |
|----|---|--------------|----------|------------|
| 1  | Carbohydrate and fat are the main energy sources for athletes.                              | Agree        | Disagree | Don't know |
| 2  | Athletes should not eat sweets prior to an event.   | Agree        | Disagree | Don't know |
| 3  | Carbohydrates make you fat.   | Agree        | Disagree | Don't know |
| 4  | An athlete should consume a high-_____ meal 2-3 hours before an event.                      | Carbohydrate | Protein  | Fat        |
| 5  | Protein is the main energy source for the muscle.   | Agree        | Disagree | Don't know |
| 6  | Protein supplements are necessary for athletes.   | Agree        | Disagree | Don't know |
| 7  | An athlete should replace fluids before, during, and after an event.                        | Agree        | Disagree | Don't know |
| 8  | Athletes should rely on thirst to ensure fluid replacement.                                 | Agree        | Disagree | Don't know |
| 9  | Urine color can indicate dehydration.   | Agree        | Disagree | Don't know |
| 10 | Vitamin and mineral supplements increase energy levels.                                     | Agree        | Disagree | Don't know |
| 11 | A multivitamin and mineral supplement is necessary for optimal sport performance.           | Agree        | Disagree | Don't know |
| 12 | Carbohydrates are not as easily and rapidly digested as protein and fat.                    | Agree        | Disagree | Don't know |
| 13 | Eggs and legumes are examples of protein sources other than meat.                           | Agree        | Disagree | Don't know |
| 14 | No more than 15% of calories in the diet should be provided by fat.                         | Agree        | Disagree | Don't know |
| 15 | One 8-ounce glasses of milk is enough to fulfill the recommended amount of calcium per day. | Agree        | Disagree | Don't know |
| 16 | Those with a meatless diet are at a higher risk for iron deficiency.                        | Agree        | Disagree | Don't know |
| 17 | Due to menstruation, females need more iron in their diets than men.                        | Agree        | Disagree | Don't know |

|    |   |           |            |            |
|----|---|-----------|------------|------------|
| 18 | Bananas and avocados are good sources of potassium.   | Agree     | Disagree   | Don't know |
| 19 | Excess vitamin supplementation may be harmful.  | Agree     | Disagree   | Don't know |
| 20 | The body can synthesize vitamin D upon exposure to the sun.   | Agree     | Disagree   | Don't know |
| 21 | Potatoes, strawberries, and cantaloupe are good sources of vitamin C.   | Agree     | Disagree   | Don't know |
| 22 | Salt is an essential part of a healthy diet.  | Agree     | Disagree   | Don't know |
| 23 | Bread and cereals are the only food groups that are a good source of fiber.   | Agree     | Disagree   | Don't know |
| 24 | During exercise, it is better to drink a large amount of fluid all at once rather than small amounts over time.                       | Agree     | Disagree   | Don't know |
| 25 | Sports drinks are the best way to replace body fluids lost during exercise.   | Agree     | Disagree   | Don't know |
| 26 | Drinking beer is a good way to rehydrate after exercise.  | Agree     | Disagree   | Don't know |
| 27 | Drinking alcohol will add calories to your diet.  | Agree     | Disagree   | Don't know |
| 28 | Caffeine has been shown to improve endurance performance.   | Agree     | Disagree   | Don't know |
| 29 | A sound nutritional practice for athletes is to eat a wide variety of different food types from day to day.                           | Agree     | Disagree   | Don't know |
| 30 | What the athlete eats is only important if the athlete is trying to gain or lose weight.  | Agree     | Disagree   | Don't know |
| 31 | Learning about nutrition is not important for athletes because they eat so much food they always get the nutrients their bodies need. | Agree     | Disagree   | Don't know |
| 32 | I lose weight regularly to meet weight requirements for my sport.   | Agree     | Disagree   | Don't know |
| 33 | I have experienced bone stress fractures.   | Agree     | Disagree   | Don't know |
| 34 | During my season, I find I am too busy to eat breakfast.  | Agree     | Disagree   | Don't know |
| 35 | I limit my fat consumption.   | In season | Off season | Never      |
| 36 | I carefully control my calorie intake.  | In season | Off season | Never      |
| 37 | I have skipped meals to prepare for competition.  | Agree     | Disagree   | Don't know |
| 38 | I have fasted for 24 or more hours for competition or training.   | Agree     | Disagree   | Don't know |
| 39 | To lose weight, I have reduced my carbohydrate intake.  | Agree     | Disagree   | Don't know |
| 40 | To lose weight, I have reduced my milk and dairy intake.  | Agree     | Disagree   | Don't know |