

Studies on the Investigation of the Nutrition Habits of Athletes: A Descriptive Analysis Study

Esra YÜCE¹ Hulusi ALP²

^{1,2} Süleyman Demirel University, Faculty of Sport Sciences. Isparta. Turkey

¹(dytesrayuce@hotmail.com), ²(ekim1778@gmail.com)

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Abstract

In the research, descriptive analysis method was used to reach studies about the nutritional habits of athletes. Descriptive analysis is a method frequently used by researchers to obtain summary information about different facts and events. In order to reach local and foreign studies, National Thesis Center, Eric, Google Academic online databases were searched. The scope of the study was limited to the evaluation of thirty-four (34) articles, twenty-seven (27) master's and one (1) doctoral thesis that the researcher could reach as a result of the literature review conducted by the researcher. In conclusion, considering the importance of sports and nutrition, it is seen that athletes should receive scientific support in order to increase their knowledge about nutrition and to gain correct nutritional habits.

Keywords: Nutrition, Sport, Attitude

INTRODOCTION

Today, every individual needs nutrition in order to live a quality and healthy life, to ensure his development, to protect himself against external factors, and to perform his daily activities (Özdinç, 2020; Ömeroğlu, 2002). Nutrition is extremely important in order to continue human life, to ensure growth and development, to be able to reproduce, to engage in physical activities, to protect health, in short, to continue their life (Çimen et al., 2020; Koldaş, 2017). Sports nutrition has recently been a part of training and has grown in popularity (Mor, 2020). The relationship between nutrition and sports can be ignored by athletes from time to time (Aydın et al., 2020). Consumption of carbohydrate-rich foods a few hours before regular exercise and in order to complete the exercise and replace the lost energy is of great importance for the continuity of your exercise and for your body to recover quickly (Türkay, 2021). Athletes need to consume enough energy while training to maintain weight, body composition, maintain muscle movements and maximize the effects of exercise (Rodriguez et al., 2009). It is accepted that adequate and balanced nutrition does not guarantee the success of an athlete, but inadequate and unbalanced nutrition causes some health problems and low performance (Ersoy & Hasbay, 2008). In athlete performance; It is known that besides genetic, physiological and environmental factors, it is effective on performance in nutrition (Spriet, 2019). Nutrition program prepared for sports for health, as well as for amateur and professional athletes; improves athletic performance by reducing fatigue, risk of illness and injury; It also enables athletes to optimize training and recover faster (Saygın et al., 2009; Purcell, 2013). There is no single right in the nutrition program to be applied for athletes. This order can change according to the type of sport and

the needs of the athlete. In general, the optimal diet for athletes is recommended to be fed with a diet rich in carbohydrates, adequate consumption of protein, vitamins and minerals, slightly lower energy from fat than individuals who do not exercise, and the amount of fluid they consume should be higher (Ersoy & Hasbay, 2008). Energy needs of athletes; It can vary depending on factors such as the person's gender, age, type of training. Low energy intake; loss of muscle mass, menstrual dysfunction; may cause a loss of bone density. It causes prolongation of healing time in sports injuries (Rodriguez et al., 2009). The nutrition plan prepared specifically for the athlete increases the performance of the athletes and shortens the recovery period. Many situations that affect the athlete directly or indirectly, such as weight loss and excessive weight gain, prevention of electrolyte losses in the body, regular work of the digestive system, can be achieved with regular and balanced nutrition (Mor, 2020).

The aim of the study is to make a descriptive analysis of the studies conducted to determine the nutritional habits of athletes and to interpret their findings.

Method

In the research, descriptive analysis method was used to reach studies about the nutritional habits of athletes. Descriptive analysis is a method that researchers frequently use to obtain summary information about different facts and events (Değirmenci & Dođru, 2017). In order to reach local and foreign studies, National Thesis Center, Eric, Google Academic online databases were searched. The scope of the study was limited to the evaluation of thirty-four (34) articles, twenty-seven (27) master's and one (1) doctoral thesis that the researcher could reach as a result of the literature review conducted by the researcher.

RESULTS

Table 1: Distribution of the studies conducted in terms of model, purpose, data collection method, sample and type of publication

No	Title	Year	Authors	Model of the Study and Data collection tool	Sample Group	Type
1	Investigation of Elite Boxers' Eating Habits and Knowledge Levels	2020	Kundur, F., Kumartaşlı M., Yılmaz E., and Koçyiğit B.	In the research, data were collected by using the questionnaire method. General information questions about athletes and II. In the section, there are questions about nutritional habits.	A total of 181 athletes, 47 women and 134 men, who are engaged in boxing, participated in this study.	Article
2	Researching the Nutrition Habits of Professional Female Football Players	2020	Kaçar, M. and Yeşilkaya, B.	This research is descriptive research in the type of observational research. The data were collected using a questionnaire method. The questionnaire includes questions about eating habits.	It was conducted with 72 female football players aged 18 and over, who accepted to work among the athletes in the Women's Football 1st League.	Article
3	Evaluation of Nutrition Status and Energy Balances of Professional Ice Hockey Players in Competition Period	2020	Lökbaş, B., Aktiz, S., Koşar, N. Ş., and Turnagöl, H.H.	Scanning model was used in the research. The athletes were asked to fill in the athlete information form to determine their training history. 4-day food consumption records and physical activity records were recorded through the form.	A total of 21 professional ice hockey players aged 18-35, 11 women and 10 men, who have been playing active ice hockey for at least 5 years, participated in this study.	Article
4	Evaluation of Nutritional Status of Adolescent Amateur Football Players	2020	Güldemir Hızlı H. and Bayraktaroğlu E.	The data were collected using a questionnaire method in the study. The questionnaire consists of 4 parts including demographic information, anthropometric measurements, dietary habits and food consumption record.	It was conducted with 113 male adolescents aged 14-18 who played in the youth teams of various football clubs.	Article
5	Nitriktin Knowledge Levels of Male Boxers in Junior Category	2019	Ağırbaş, Ö., Keyf, E., Aggon, E., and Özcan, M.	The research was carried out by using scanning model, one of the quantitative research methods. The data were collected using a questionnaire method. The "Nutrition Knowledge Level", which is developed by Sabbag (2009) and consists of 35 questions, is used.	It consists of 184 boxers from 9th, 10th, 11th and 12th grades competing in the Stars Men's Boxing Championship among High Schools in Elazığ province.	Article

6	Investigation of the Effects of Adolescent Volleyball Players' Nutritional Habits on Competition Performance: The Case of Isparta	2019	Salici, O., Akkaya, B., Ertürk H. and Orhan, H.	The research is a screening model and the data were obtained by interviewing the athletes face to face with a data collection form. A daily food consumption records were collected with "Consumption Frequency of Foods" and retrospective "24 Hours Reminder" method.	A total of 131 volleyball players, 57 female athletes and 74 male athletes, participated in the study.	Article
7	Determination of Hedonic Hunger and Nutrition Status of Adult Professional Male Footballers	2019	Yılmaz, C.S.	The data were collected by questionnaire method. To determine the sociodemographic characteristics and general / nutritional habits of the individuals, a questionnaire with multiple choice and / or open-ended questions was applied.	Turkey Football Federation 1 25 professional footballer who played in a football club in the Premier League and have similar demographic characteristics working in the same football club, including 25 sedentary men constituted 50 healthy individuals.	Master Thesis
8	Researching the Nutrition Habits of Professional Female Football Players	2019	Kaçar, M.	This research is a descriptive study. The questionnaire form: In the first part, there are general and demographic information about the athletes, and in the second part, questions about their nutritional habits are included.	The research was conducted with 72 female athletes from 2 football teams selected by clustering.	Master Thesis
9	Investigation of the Nutritional Habits of Amateur and Professional Basketball Players	2019	Gül, N.B.	The research was carried out in descriptive type. The study data were collected by the researcher by applying a 40-question questionnaire to the individuals to determine the demographic characteristics, nutritional habits and physical activities of the athletes.	A total of 60 basketball players, 30 amateurs and 30 professionals, participated in this study.	Master Thesis
10	Evaluation of Eating Habits and Body Composition of Protected Football Athletes	2019	Güneşliol, B.E.	The research was carried out by using scanning model, one of the quantitative research methods. The general information and nutritional habits of the participants were determined by the questionnaire method, and their body composition was measured. Three-day food consumption records were taken.	It was conducted on 185 volunteer protected football athletes playing in the protected football teams of six universities in Ankara.	Master Thesis
11	Evaluation of Athletes' Food Choices According to their Body Image and Eating Behavior	2019	Tuğal, D.	The questionnaire, consisting of eight parts, was applied to the participants by face-to-face interview technique. Survey: It includes general information, questions about nutrition, questions about sports, anthropometric measurements, FCQ, EAT-40, BSQ and food consumption frequency questionnaire.	A total of 224 professional athletes, 98 women and 126 men, aged 16-25, participated.	Master Thesis
12	Comparison of Nutrition Habits and Belenme Knowledge Levels of Athletes in Different Branches (Balıkesir City Example)	2019	Kuşoğulları, B.	The survey method was used to collect the data. A 67-question questionnaire was applied to determine the nutritional knowledge levels.	A total of 180 athletes from football, basketball and wrestling branches participated.	Master Thesis
13	Investigation of the Nutritional Habits of Freestyle Wrestlers in Different Weights and Categories and Their Use of Nutritional Supplements	2019	Bey, A.	Scanning model was used in the research.	310 wrestlers competing in the U-23 and junior category participated.	Master Thesis
14	Evaluation of Nutritional Behaviors of Taekwondo Athletes	2018	Bezci, Ş., Eskici, G., Pak, E.N., Şahin, M. and Günay M.	Data were collected by using a questionnaire method in the study. A questionnaire consisting of 30 questions was applied to the athletes to evaluate their nutritional habits.	The research group, Turkey randomly selected from different age groups across 340 branches in taekwondo has created a total of 919 male and 579 female athletes.	Article

15	The Evaluation of the Knowledge Levels of the Students Who Have Taken Nutrition Course at Sports Colleges in the Marmara Region	2018	Koldaş, G., Saçaklı, H. and Sevim, Y.	It was designed in a descriptive research model and a 30-question questionnaire prepared by the researcher was applied to the participants.	A total of 629 students, 402 of whom are male, attended 15 Schools of Physical Education and Sports and Faculty of Sport Sciences in the Marmara region.	Article
16	Comparison of the Nutrition Habits of Wrestling and Judo Branch Athletes between the ages of 12-18	2018	Arslan, A.	The research data were collected by questionnaire method. In addition to the demographic characteristics of the athletes in the questionnaire form; A total of 25 questions were asked in order to measure nutritional habits, knowledge about general and sports nutrition.	A total of 150 athletes, 75 of whom were athletes in two branches, participated in the study.	Master Thesis
17	ADU School of Physical Education and Sports Related to Sports Nutrition of Students Awareness	2018	Ulaş, A.G.	A questionnaire consisting of 3 parts was used as a data collection tool in the study. In the first part of the questionnaire, questions were included to determine the demographic characteristics of the participants, to determine the Nutritional Habits in the second part and to determine the Sports Nutrition and Nutrition Knowledge Levels in the third part.	The sample of the study consisted of a total of 931 people, 257 from the Coaching Department, 253 from the Physical Education Department, 236 from the Recreation Department and 185 from the Sports Management Department.	Master Thesis
18	Eating Habits of Elite Skiers and Analysis of Support Product Usage Knowledge Levels	2018	Akyol, H.	In the research, descriptive scanning model, one of the general scanning models, was adopted. Personal information form, and a questionnaire form consisting of three parts, which was created by experts on the subject, was used to determine attitudes, knowledge and opinions about nutrition.	A total of 78 athletes, 58 men and 20 women, who are engaged in elite level skiing, participated.	Master Thesis
19	Medipol Başakşehir Football Club's Youth Players Eating Habits and Knowledge Levels by Age Investigation	2018	Erdoğan, A.	The descriptive survey model has been adopted in the research. A total of 27 questions were asked to determine the demographic characteristics, nutritional habits and knowledge of the athletes included in the study.	It was carried out on a total of 64 subjects in the infrastructure of Medipol Başakşehir Football Club.	Master Thesis
20	Nutrition of Ice Hockey Players in Istanbul Investigation of Habits	2018	Demirtaş, A.	The research was conducted in a survey model. The data was collected by the researcher through the collection questionnaire. There were a total of 24 questions in the questionnaire prepared by the researcher.	A total of 216 ice hockey athletes participated in the study.	Master Thesis
21	Investigation of the Nutrition Habits of Adolescent Competition Wrestlers	2017	Altıncı, E.E.	The research is in survey model and has a descriptive nature. Two separate data collection forms were used in the study.	A total of 48 competitors, 27 boys and 21 girls, studying at secondary school	Article
22	Nutritional Status of Boys and Girls in Basketball Clubs and Differences Between	2017	Özkarabulut, A.H. and Yürek, M.A.	Scanning method was used for data collection. A data collection form consisting of 24 questions was applied.	It was conducted on a total of 112 students, 46 girls and 66 boys, between the ages of 11-17 in basketball clubs of 36 schools.	Article
23	Investigation of Nutritional Knowledge Levels of Handball Players Playing in Leagues and National Teams in Terms of Some Variables	2017	Gümüüşdağ, H. and Kartal, A.	In this study, scanning method was used. Thus, the current situation was described with the quantitative analysis of the data obtained from the nutrition scale. Nutrition knowledge level scale consisting of 23 questions was used.	The study was conducted on a total of 39 handball players, 23 men and 16 women, among the handball players competing in the top leagues and national teams.	Article

24	Comparison of the Dietary Habits of Elite Turkish Male and Female Weightlifter	2017	Şener, O.A. and Güner, A.	In the research, data were collected by using questionnaire method. Questions were asked to determine nutritional information.	Data were obtained from 27 male and 16 female volunteer weightlifters who were trained in preparation camps in Ankara and Konya.	Article
25	Nutritional Status, Liquid Consumption and Caffeine Intake of Adolescent Football Players Evaluation of	2017	Otman, T.	The data were collected by scanning model. Introductory information, nutritional habits, fluid consumption, caffeine intake and physical activity of adolescents were taken with a general evaluation form (questionnaire form).	The star football team of Karabük Sports Club was conducted on n = 40 (sedentary) (control group) male adolescents who are in the same age group as 15-18 age group athletes (n = 40) (study group), who come to watch the athletes and do not do active sports.	Master Thesis
26	The Effect of Nutrition Education on Nutritional Knowledge Levels, Nutrition Status and Fluid Consumption of Adolescent Volleyball Players	2017	Onbaşı, Z.Ç.	In the research, the data were collected by the survey method. Anthropometric measurements of the athletes were taken before and after the training, a food consumption frequency form, nutrition information level form and a 2-day physical activity record form were applied.	Turkey playing TVF Volleyball Federation within the project team, with 13 men between ages 15-17 are made with a professional volleyball player.	Master Thesis
27	Investigation of Nutritional Habits and Using Nutritional Supplements of Athletes Playing in Hockey Super League	2017	Yücel, A.G.	Scanning and quantitative analysis methods were used extensively. During the data collection phase, a questionnaire form developed and structured by the researcher was used.	Turkey Hockey Hall with a simple random sampling method among the athletes who have been chosen to play in the Super League a total of 130 athletes. 107 of the participants are men and 23 are women.	Master Thesis
28	Examining the Nutrition Habits and Knowledge of Advanced and Lower Aikidoists in the Adult Group	2017	Kayatürk, G.	The research was carried out by using scanning model, one of the quantitative research methods. 25 questions were asked to the participants in the study to determine their demographic characteristics, nutritional habits and nutritional information.	It was carried out on a group of 77 people in 4 dojos operating in Istanbul.	Master Thesis
29	Investigation of the Nutrition Knowledge Level of the Students of the School of Physical Education and Sports in the Marmara Region who took Nutrition Lesson	2017	Koldaş, G	This study was designed in a descriptive research model and a 30-question questionnaire prepared by the researcher was applied to the participants.	It was applied to a total of 629 people, 227 women and 402 men, in the age group of 18 to 24 and over.	Master Thesis
30	Investigation of Nutritional Habits and Knowledge Levels of Professional Basketball Players	2017	İnce, B.	The data in the study were collected by questionnaire technique. In order to determine the habits and knowledge levels, a questionnaire of 44 questions was prepared by the researcher, using previous scientific studies.	Fifty-one basketball players, aged 17-35, playing basketball professionally participated.	Master Thesis
31	Determination of Nutrition Knowledge Levels of Trainers Working in Bodybuilding and Fitness Centers	2016	Canbolat E., and Çakıroğlu, F. P.	The scanning method was used in the research. A questionnaire form developed by the researcher, consisting of 11 personal information questions and 22 multiple choice nutrition information questions, was applied.	A total of 46 volunteer trainers from 16 bodybuilding and fitness centers who agreed to participate in the study were included in the study. Participants are 38 men and 8 women.	Article
32	Turkish Republic of Northern Cyprus Volleyball Nutrition Behavior of Federation Players and	2016	Gökensel, P.	Scanning model was used in the research. Food consumption frequency, a daily food consumption record	A total of 71 licensed volleyball players, 32 men and 39 women, aged 18-40,	Master Thesis

	Evaluation of Nutritional Status			and a daily physical activity record were taken, and the DEBQ (Eating Habits Questionnaire) scale was used to determine eating behaviors.	affiliated to the federation, participated in the study.	
33	Cyprus Turkish Football Federation 2015-2016 Season Super League A Team Food Consumption of Footballers, Body Composition and Nutritional Knowledge Levels Detection	2016	Dağcılar, K.	It was designed in a descriptive research model and the nutritional status was determined by the 24-hour retrospective food consumption record method and the nutritional information levels with a questionnaire form and the body composition by the BIA (Bioelectric Impedance Analysis) method.	A total of 191 male footballers from 13 different teams participated.	Master Thesis
34	Investigation of the Relationship Between Nutrition Habits, Emotional Status and Performance in Athletes	2016	Mengi, Ö.	To measure research general and sports nutrition knowledge; It was made in a descriptive type in order to determine the relationship between mood changes, eating habits and individuals' performances.	127 athletes, 42 women and 85 men, were included in the study.	Master Thesis
35	Determination of Nutritional Habits of 18-40 Age Group Healthy Male Athletes Interested in Fitness and Bodybuilding in KTTC3, Determination of Attitudes and Usage Rates of Nutritional Ergogenic Supplements	2016	Ercen, Ş.	The data in the study were collected with a questionnaire consisting of 4 parts.	303 members of sports halls participated in the study.	Master Thesis
36	Evaluation of Nutritional Status and Anthropometric Measurements of National Female Rhythmic Gymnasts	2015	Nalçakan, G. R., and Seyidoğlu, D.	The nutritional status assessment was questioned using a face-to-face interview method over a questionnaire consisting of open-ended questions.	The research group consists of 5 female elite rhythmic gymnasts chosen to prepare for the group competitions in the World Championship.	Article
37	The Effects of Weight Athletes' Nutrition Habits and Eating Attitudes on Their Emotional State	2015	Keskin, D.Ö.	The survey method was used to collect the data. Eating Attitude Test and depression, anxiety, stress scale were used.	60 athletes participated in the study.	PhD. Thesis
38	Nutrition of Swimming Athletes at the Age of 17-18 Evaluation of Habits	2014	Turgut, M., Argun, B., Sarıkaya M., and Çınar V.	Questionnaire questions used as data collection tools consist of two parts. The first part consists of personal information and the second part consists of a total of 30 questions on knowledge levels and dietary habits. The analysis of the data obtained as a result of the research was evaluated in the form of frequency and percentage distributions.	The research group consists of 98 people, 38 of whom are females and 60 of whom are males, between the ages of 17-18, who do swimming in different clubs in the eastern Anatolia region.	Article
39	Participating in national team Development Camps Eating Habits of Wrestlers And Using Nutrition Supplements Examination of Their Situation	2014	Koç, M.	It is research in general scanning model. To determine the nutritional habits of wrestlers and their use of nutritional supplements, the scale used by Gökteş (2010) in examining the nutritional habits of active national athletes and using nutritional supplements was used.	It was applied to a total of 180 elite wrestlers, 67 Stars, 63 Juniors and 50 Seniors, who were in the World Championship preparation camps.	Master Thesis
40	With Bodybuilding Working At The Gym Nutrition and Supplement of Interested Sports Coaches Determination of Support Product Consumption Status	2014	Bora, Z.	The study was carried out by face-to-face questionnaire method. With the survey application, the sociodemographic status, health status, food consumption amount and records of all the foods consumed within three days of the athletes were questioned.	It has been worked with a sports instructor over 20 years of age who is engaged in bodybuilding.	Master Thesis

41	Involved in Turkey Super League and Youth League 1 Of Footballers in Development Teams Investigation of Nutrition Habits	2014	Koç, M.C.	This study is a cross-sectional study. A questionnaire form consisting of 51 questions was used to determine the nutritional habits of the volunteers participating in the study.	A total of 377 soccer players voluntarily participated in the study.	Master Thesis
42	Evaluation of Nutritional Status and Anthropometric Measurements of the Amputee National Football Team	2013	Ersoy, N., Uygun, S. and Ersoy, G.	The research was carried out by using scanning model, one of the quantitative research methods. A questionnaire form consisting of multiple choice and open-ended questions was applied to the participants by face-to-face interview method. General information about the participants, eating habits, a daily physical activity record, and 24-hour retrospective food consumption records and anthropometric measurements were obtained.	Made on 15 male Amputee National Football Team players.	Article
43	Nutrition of Athletes Interested in Weight Sports Investigation of Habits	2013	Gümüş, A.	The method of the research is based on the questionnaire. In the first part of the questionnaire, there were general information questions about athletes, and in the second part, questions about nutritional habits.	124 athletes participated in the activities in fitness centers and club fitness halls. 56 of the athletes participating in our study were female and 68 were male.	Article
44	Investigation of Nutrition Habits of Students from Different Branches of Physical Education Department	2012	Sarioğlu, Ö., İmamoğlu, O., Atan, T., Türkmen, M. and Akyol, P.	The research is designed in screening method. A 37-question nutrition questionnaire was applied to determine the nutritional habits of the students.	219 female and 367 male university students participated in the study.	Article
45	Investigation of Nutritional Habits and Knowledge Levels of Volleyball Players Playing in the First League	2012	Taze, Y.	In this study, the survey method, which is among the primary source research, was used. Two different questionnaires were applied to determine the nutritional habits and knowledge levels.	It was applied to a total of 108 athletes, 56 of whom were men and 52 women.	Master Thesis
46	Evaluation of the Nutritional Knowledge and Habits of Elite Athletes	2011	Yarar, H., Gökdemir, K., Eroğlu, H., and Özdemir, G.	The research was carried out by using scanning model, one of the quantitative research methods. The data were collected using a questionnaire method. The survey questions have been created by an expert on the subject and consist of two parts. The first part includes personal information, and the second part includes questions about the nutrition information of the athletes.	The sample consisted of 334 athletes, 277 men and 57 women, from elite olympic sports branches.	Article
47	Nutrition Habits of Afyon Kocatepe University School of Physical Education and Sports Students and the Factors Affecting Them	2011	Yıldırım, İ., Yıldırım Y., Tortop, Y. and Poyraz, A.	The research was carried out using the scanning model, one of the quantitative research methods, as a data collection tool, a questionnaire with a total of 24 questions consisting of two parts was applied.	It formed 208 undergraduate students studying at Afyon Kocatepe University School of Physical Education and Sports. 66 were women and 142 were men.	Article
48	Determination of Nutritional Status and Habits of Girls Star Basketball Team Athletes	2011	Parlak, E., Yağmur, C., Yıldırım, Ş. and Kurdak Ş.S	In the research, scanning model, one of the quantitative research methods, was used. A questionnaire was applied to evaluate the nutritional information.	14 athletes between the ages of 13-15 participated in the study.	Article
49	Investigation of Nutrition Knowledge Levels of Amateur and Professional Football Players	2010	Göral, K., Saygın, Ö. and Karacabey, K.	In the research, data were collected by using the questionnaire method. Questionnaire A questionnaire form consisting of 13 personal information questions and 12 nutritional information questions was used.	A total of 360 football players, 120 amateurs and 240 professionals, who actively play football in teams in 6 different league categories, formed the subject group.	Article

50	The Nutrition and Health Profile of the Turkish Female National Weightlifting Team who attended to Pre-Camp of Beijing Olympics	2010	Özdemir, G. and Ersoy, G.	Data on nutritional habits were collected using a questionnaire method.	9 athletes who were taken to the camp participated in the study.	Article
51	Nutrition Knowledge, Attitude and Practice of College Sportsmen	2010	Nazni, P. and Vimala, S.	The research was carried out by using scanning model, one of the quantitative research methods. The data were collected using a questionnaire method. Ten questions about nutritional knowledge, nine questions about attitudes and ten questions about dietary practices were asked from the selected athletes in the Knowledge, Attitude and Practice questionnaire.	102 male athletes were selected. Athletes belonged to various sports disciplines: volleyball (n = 32) weightlifters (n = 25) and runners (n = 45).	Article
52	Determination of Nutritional Knowledge and Habits of Veteran Athletes in Ankara Province	2009	Güven, Ö., Özdemir G. and Ersoy, G.	Scanning method was used for data collection. A questionnaire consisting of questions about personal information, sports branch, training time, general nutritional habits and nutritional knowledge levels was applied to the athletes included in the study, and the average food consumption records of a day they exercised were taken.	It was carried out on a total of 32 veteran athletes (long distance runners), of which 27 were women, between the ages of 41-82.	Article
53	Dietary Habits and Physical Self-Concept of Elite Rhythmic Gymnasts	2009	Boros, S.	In the research, data were collected by using the questionnaire method. The questionnaire contains 6 questions about nutrition and eating habits and 18 questions from the Physical Self Concept subscale of the Tennessee Self-Concept Scale.	103 distinguished rhythmic gymnasts volunteered to participate. A selected group of 113 uneducated female students served as controls.	Article
54	Turkey Young Men's Basketball Group Sedentary Playing basketball in the same age group with the Competition Nutrition Information and Comparison of Young Habits	2009	Süel, E., Şahin, İ., Korkmaz, C., Süel, N. and Dağlıoğlu, Ö.	The research was carried out with a scanning model. The data were collected with a questionnaire form consisting of 31 questions.	Turkey plays the same age group with 84 young basketball player in the men's basketball group match 105 sedentary young men participated in a total of 189 subjects.	Article
55	Nutrition Knowledge and Habits of Elite Basketball Players	2006	Süel, E., Şahin, İ., Karakaya, M.A. and Savucu, Y.	The research was carried out with the Survey model. The questionnaire used in data collection consists of 30 questions about descriptive, knowledge and habits.	Turkey first and second league in 3 women and 4 men's basketball team to 32 than 37 teams participated in a total of 69 basketball players, including basketball.	Article
56	Determining and Evaluating the Nutritional Habits of the Students Who Attend Physical Education and Sports Colleges and Do Active Sports	2005	Bozkurt, İ. and Nizamlioğlu, M.	Research scanning model was applied. A questionnaire consisting of 42 questions in total and three parts, which was used to collect data and developed by the researcher, was applied.	It was conducted with the participation of a total of 309 students (77 female, 232 male) studying at the Physical Education and Sports High Schools of Selçuk, Karadeniz Technical and Gazi Universities and engaged in active sports in different branches.	Article
57	Investigation of Nutrition Knowledge Levels of Athletes Dealing with Throwing Branches of Athletics	2005	Akıl, M. and Gürbüz, Ü.	In the questionnaire, the personal information and nutritional knowledge levels of the athlete were collected by the questionnaire method.	A total of 100 athletes, 51 men and 49 women, who are still active in the individual and national teams, participated voluntarily.	Article

58	Researching the Accommodation and Nutrition Status of the Students of the School of Physical Education and Sports	2004	Filiz, K. and Demir, M.	In the research, data were collected by using the questionnaire method. The questionnaire, which consists of 25 questions, includes the demographic information of the students, as well as family, accommodation and nutrition information. In the statistical analysis of the data, arithmetic mean, standard deviation and percentage values were calculated.	It was conducted on a total of 243 students, 110 female and 133 male, studying in the 3rd and 4th grade of the School of Physical Education and Sports of Gazi University.	Article
59	Evaluation of Nutrition Knowledge and Dietary Recommendations by Coaches of Adolescent Brazilian Athletes	2004	Juzwiak, C.R. and Ancona-Lopez, F.	The research is in the screening model and a 3-part questionnaire was used to obtain data about demographic characteristics, nutritional recommendations, and nutritional information.	In 62 of 134 cities participating in 18 sports branches, there were athletes registered in Olympic gymnastics, tennis, judo and swimming events. 55 trainers were evaluated.	Article
60	Nutrition Knowledge and Habits of Female Basketball Players	2001	Pulur, A. and Cicioglu, İ.	Questionnaire method was used in the study. The 21-question questionnaire applied to collect data consists of three parts, the first part consists of descriptive questions, the second part is questions measuring nutritional information, and the third part is questions about habits.	100 participants, aged 15-35, competing in the Amateur Basketball League participated.	Article
61	Food Consumption Levels and Nutritional Habits of Students Studying at the Department of Physical Education and Sports at Dicle University	1999	Çelik, F. and Toksöz, P.	The research was carried out by scanning method. The three-day food consumption levels of the participating students were investigated with an individual food consumption questionnaire. In addition, physical activity forms were used. A questionnaire form was used to determine the general nutritional habits of the youth.	This research, D.Ü. It was conducted on 30 female and 30 male students studying in the Department of Physical Education and Sports and engaged in individual or group sports.	Article
62	Evaluation of Nutritional Habits, Blood Biochemistry Findings and Physical Properties of Elite Athletes Applying to Sesam Nutrition Unit for Sports Branches	1997	Güneş, Z. and Ersoy, G.	Nutritional knowledge and habits of athletes were determined with the "Sports Nutrition Evaluation Form".	It was carried out on 88 athletes, including 12 women from the track and field and fencing teams, 76 men from the track and field, mountaineering, wrestling, handball, fencing and weightlifting teams.	Article

Table 1 shows the studies carried out between 1997 and 2020.

DISCUSSION

In this section, the results of sixty-two (62) studies obtained as a result of domestic and foreign literature reviews were analyzed and their results were evaluated. Considering the results of the studies conducted with the nutritional habits of the athletes engaged in team sports in terms of gender, age category and coach variables, it was concluded that the athletes in the Women's Football 1st League needed support about feeding time and meals during exercise times and dietician support should be obtained for this (Kaçar and Yeşilkaya, 2020). It has been determined that the total energy, carbohydrate and fluid intake of adult professional male football players is insufficient (Yılmaz, 2019). It has been concluded that adolescents who play in the youth teams of various football clubs are malnourished in terms of some important nutrients (Güldemir and Bayraktaroğlu 2020). It is important for adolescent football players to gain a good nutritional habit and to practice a diet containing sufficient energy and nutrients for both their development and performance (Otman, 2017). It has been observed that the nutritional knowledge levels of athletes playing football in the super league in Cyprus are not related to body composition and food consumption habits, but indirectly affect team success (Dağcılar, 2016). No statistically significant difference was found in the nutritional knowledge level between the age groups of football club and youth athletes. It has been determined that written and visual media have an important place as a source of nutrition information, and club coaches cannot provide the necessary information (Erdoğan, 2018). When the supply of micronutrients of amputee national team athletes according to the value of daily recommended nutrient intake was examined, it was found that their intake of vitamin B1, folic acid, calcium, magnesium and fiber was insufficient (Ersoy et al., 2013). Amateur and professional football players should be supported with nutritional training of athletes and trainers in the light of nutritional information supported by scientific studies (Göral et al., 2010). It has been determined that protected football athletes have wrong eating habits and follow an unbalanced diet in terms of most nutrients (Güneşliol, 2019). Football players and the families and trainers that train and employ them need to know much more

about sports nutrition. The biggest deficiency seen in studies is that eating habits are not formed consciously (Koç, 2014).

It has been determined that if the factors affecting the sports performance of female and male athletes playing volleyball are equal, nutrition of the athletes is a determining factor in sportive performance (Salici et al., 2019). It has been found that the nutritional knowledge of the licensed male and female volleyball players is insufficient. Nutritional education is needed to improve nutritional knowledge and thus to acquire correct nutritional habits (Gökensel, 2016). A significant difference was found between the nutritional habits of the athletes who played volleyball in the first league in terms of their gender, regular application of exercise and diet program and carbohydrate loading. It has been observed that volleyball players have sufficient knowledge about nutrition that their nutritional habits are in good condition (Erken, 2012). Nutrition education, which was given one hour a week for 4 weeks, significantly increased the nutritional knowledge level of adolescent volleyball players and enabled their food consumption to change positively (Onbaşı, 2017).

It has been determined that male and female basketball players have very limited nutritional knowledge in sports and nutrition training should be given to athletes, their families and trainers in order to increase their knowledge level (Özkarabulut & Yürek, 2017). While 52% of female basketball players stated that they have sufficient knowledge about sports nutrition; 40% stated that they got this information from their trainers (Pulur & Cicioğlu, 2001). It has been observed that the vast majority of star girl basketball players eat inadequate and unbalanced, do not eat breakfast and cook with wrong methods (Parlak et al., 2011). Although it was concluded that young people engaged in active sports have more knowledge about sports nutrition than the sedentary group and they pay more attention to their nutrition, it has been observed that they are not at the desired level (Süel et al., 2009). It has been observed that young male basketball players try to get information about proper nutrition but the clubs do not give enough importance. It has also been observed that there are no nutritionists in the clubs (Süel et al., 2006). No significant difference was found between the knowledge of amateur and professional basketball players about sports

nutrition. It was determined that the knowledge level of both groups about sports nutrition should be increased (Gül, 2019). It has been found that professional basketball players pay attention to their nutrition. It has been found that there is a significant relationship between paying attention to nutrition and having sufficient information about sports nutrition (İnce, 2017).

In the study conducted on handball players playing in the league and in the national team, it was determined that it would be very beneficial to support athletes with nutritional training in the light of nutritional information supported by scientific studies (Gümüldağ & Kartal, 2017). It has been determined that professional female and male ice hockey players are malnourished during competition periods and cannot meet some of their daily macro and micronutrients (Lökbaşı et al., 2020). It is possible to say that approximately one third of the athletes participating in the hockey super league generally do not have an adequate and regular diet. Therefore, there is a need to improve the nutritional habits of athletes participating in the hockey super league (Yücel, 2017). It was concluded that the eating habits of ice hockey players are not at a good level (Demirtaş, 2018). Considering the results of the studies conducted with the nutritional habits of individual sportsmen in terms of gender, age, category and trainer variables, it was determined that the majority of wrestlers pay attention to their nutrition and establish a relationship between nutrition and success (Bay, 2019). There is no significant difference between judo and wrestling athletes' knowledge about sports nutrition. It has been determined that judo and wrestling athletes have a greater role in nutritionists as the source from which they get this information (Arslan, 2018). As a result of the study conducted on wrestlers in the adolescent period, it was determined that organizing nutrition training for their families and trainers, increasing awareness and creating public spots on the consequences of unhealthy and irregular nutrition in children and young people with regular sports life can contribute to the solution of the problem (Sixth, 2017). It has been determined that wrestlers pay attention to their nutrition, they know the importance of nutrition in order to be successful in sports, very few of them skip meals, pay attention to liquid consumption and most of them do not use nutritional supplements, and the majority of

those who use it are Greco-Roman style wrestlers (Koç, 2014). It has been determined that there are wrong practices in the nutritional behaviors of athletes in the Taekwondo branch, which is caused by the insufficient level of knowledge about sports nutrition (Bezci et al., 2018).

It has been determined that only 23.9% of the trainers working in bodybuilding and fitness centers have good nutritional knowledge and considering the number of those who benefit from these halls, the trainers should be certified and it is important to increase their nutritional knowledge level (Canbolat & Çakırođlu, 2016). 92% of sports coaches use athlete support products. 88% of the participants stated that they received support from them in the use of supplements. There was no statistically significant relationship between daily egg consumption and muscle mass (Bora, 2014). It is seen that athletes who are interested in weight sports have general stereotypes about nutrition as well as correct and up-to-date information and also have superstitious and incorrect eating habits (Gümüş, 2013). It has been found that weightlifting female national team athletes do not be conscious enough about the level of nutritional support product use (Özdemir & Ersoy, 2010).

It has been determined that most of the elite boxers have a good level of knowledge on sports nutrition (Kundur et al., 2020). It has also been found that the nutritional knowledge of star male boxers is at a moderate level and that regular nutrition with boxers who pay attention to nutrition before training has a positive effect on their performance (Ađırbaşı et al., 2019). Daily energy intake of gymnasts preparing for the world championship can meet an average of 50% of what they need to take insufficiently. Current nutritional status is a risk factor for the female athlete trilogy. Nutrition programs of athletes should be organized by dieticians specialized in this field and training should be given to athletes on nutrition (Nalçakan & Seyidođlu, 2015). It has been observed that rhythmic gymnasts like to eat sweets, binge and eat less frequently than their untrained friends (Boros, 2009). It was concluded that the vast majority of elite skiers do not have sufficient information about nutritional supplements and nutrition (Akyol, 2018).

It can be said that Aikido players have a good level of knowledge about sports nutrition. Dietitians have an important place as a source

of nutritional information. It has been determined that most of them do not use supplements and pay attention to fluid consumption during training (Kayatürk, 2017). It has been determined that most of the swimming athletes acquired their nutritional information from their trainers or their fellow athletes. It has been determined that athletes generally skip breakfast and eat 2 meals a day and do not take snacks (Turgut et al., 2014). Hemoglobin and hematocrit values of female athlete, female and male fencers are below the recommended levels. 48.9% of the athletes have insufficient knowledge on sports nutrition (Güneş & Ersoy, 1997).

Among the factors that women and men athletes from different branches take into consideration in their food selection; It has been determined that health, body weight control and sensory characteristics come, female athletes pay attention to health and body weight control most in food selection, while male athletes pay attention to sensory characteristics and health factors most (Tuğal, 2019). It has been determined that the nutritional habits and nutritional knowledge levels of athletes from different branches are sufficient (Kuşoğulları, 2019). As a result of the study conducted on athletes from different disciplines, it was determined that volleyball players have good nutritional knowledge compared to weightlifters and runners (Nazni and Vimala, 2010).

Physical education and sports college students' nutritional education and nutritional knowledge levels are insufficient, most of them are fed two meals by skipping frequent meals, the rate of

students who have regular breakfast is quite low, male and female students have the opportunity for a comfortable and calm environment due to the unique conditions of education. The students who stay at home by force, prefer the house because they find the house more economical in terms of nutrition, and also those who stay in the dormitory, who have a good economic situation and believe that their nutritional knowledge is sufficient, skip less meals, eat more regular breakfast, and students who study at physical education and sports colleges. Although more studies are needed for knowledge levels, it has been determined that activities to increase nutritional knowledge levels will also be beneficial (Çimen et al., 2020; Koldaş et al., 2018; Ulaş, 2018; Koldaş, 2017; Sarioğlu et al., 2012; Yıldırım et al., 2011; Filiz and Demir, 2004).

It was concluded that the Olympic athletes did not have enough knowledge of sports nutrition, they had partially wrong eating habits, and that most of them were educated at an academic level and did not give enough importance to their nutrition despite being national athletes (Yarar et al., 2011). The nutritional knowledge level of licensed athletes should be increased and some nutritional behaviors should also be corrected. It should not be ignored that the perception of stress is a factor that negatively affects the optimal performance mood level of athletes (Mengi, 2016).

In conclusion, considering the importance of sports and nutrition, it is seen that athletes need scientific support to increase their knowledge about nutrition and to gain correct nutritional habits.

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