Problem
Lack of Nutrition Education Among Student Athletes at Worcester Polytechnic Institute

Background
Nutrition is key to achieving peak athletic performance. Nutritious diets cannot be maintained without sufficient knowledge.

Knowledge
Time
Healthy Nutrition
Motivation
Availability of Resources

Approach
This project seeks to improve the nutritional knowledge of WPI athletes so that they perform better. A presentation about athletics and nutrition was used to improve understanding.

Solution
1. Pre-Presentation Survey to Men’s Basketball Team
2. Educational Presentation
3. Post-Presentation Survey

Results
Among WPI Men’s Basketball Team:
• Pre-survey indicated poor nutritional knowledge.
• Post-survey indicated greatly improved nutritional knowledge.

Pre-Presentation Average Score – 2/10.
Post-Presentation Average Score – 9/10.

References

Acknowledgements
Special thanks to Coach Kelly of the Men’s Soccer team, Coach Ketchum of the Track/XC team, Coach Bartley/Coach Robinson of the Men’s Basketball team, and the Men’s Basketball team for their help.