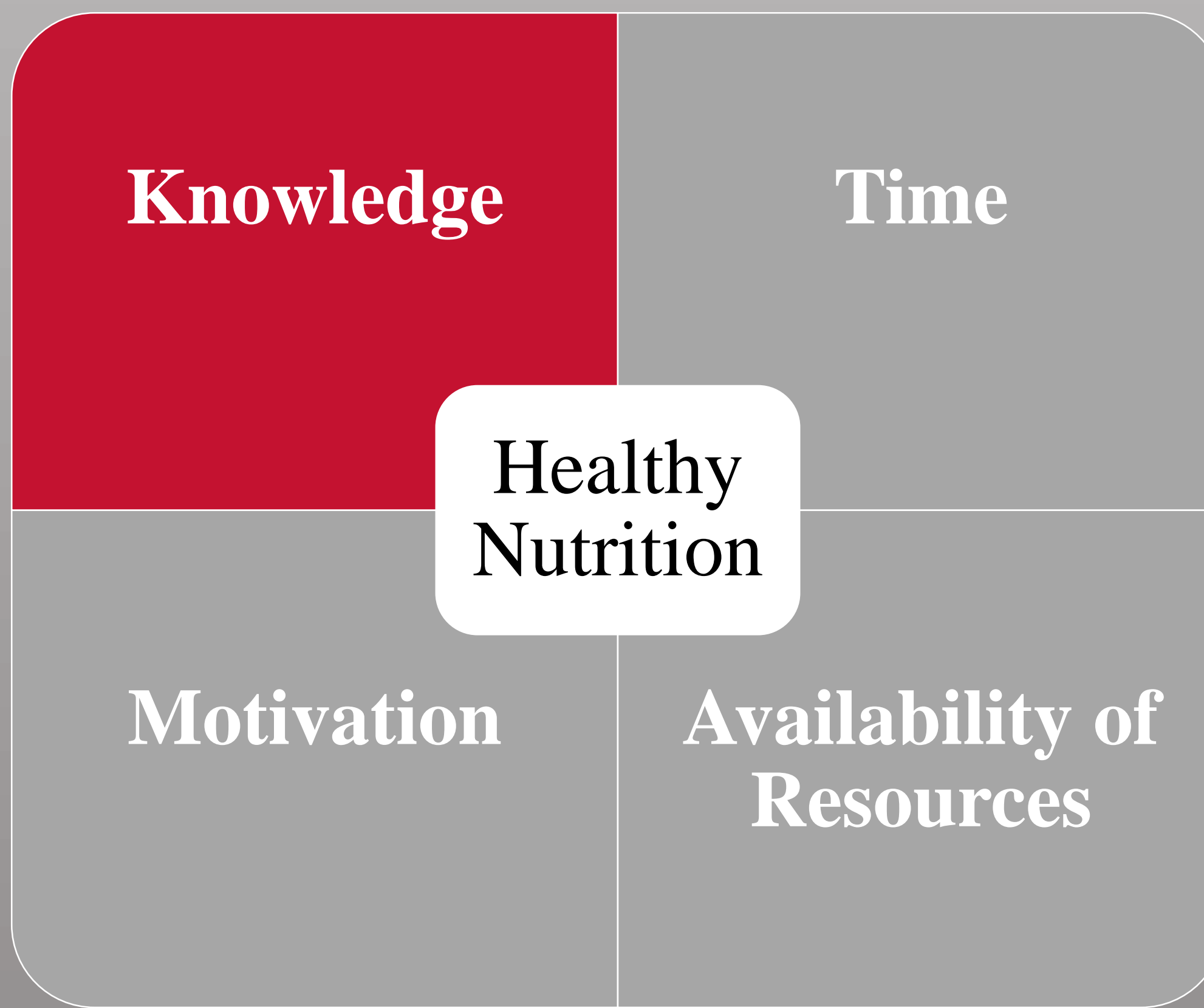


Problem

Lack of Nutrition Education Among Student Athletes at Worcester Polytechnic Institute

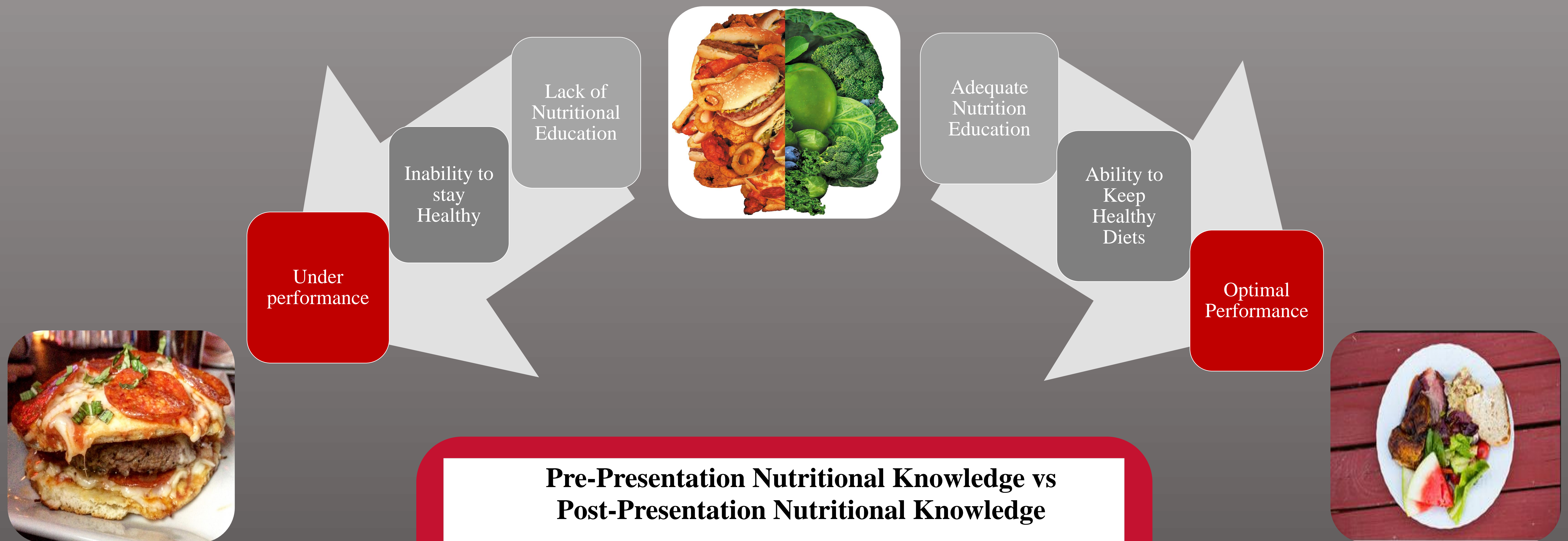
Background

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



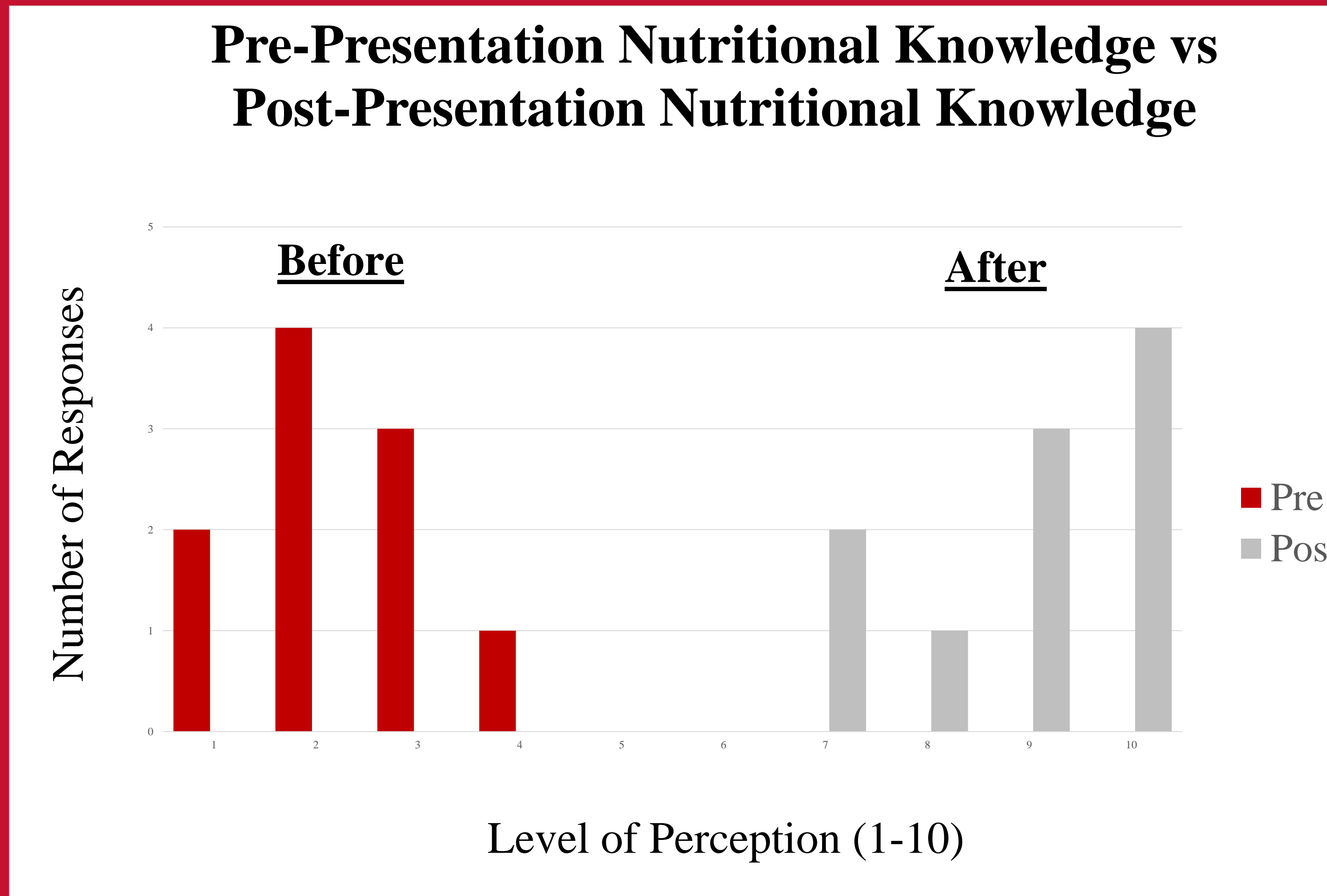
Approach

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



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

Results

Among WPI Men's Basketball Team:

- Pre-survey indicated poor nutritional knowledge.
- Post-survey indicated greatly improved nutritional knowledge.

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