

MEETING COMMUNITY AND STUDENT NEEDS THROUGH A SPORTS NUTRITION AND WELLNESS CLUB

Authors: *Rebecca M. Gonter-Dray, MEd, RDN, CSP, LD; *Diana K. Cuy Castellanos, PhD, RDN, LD

¹DEPARTMENT OF HEALTH AND SPORT SCIENCE, UNIVERSITY OF DAYTON, OH

Community Need

- Provide experiential learning for dietetic majors that have expressed interest in sports nutrition
- Address a need expressed from the University and local communities.

Program Description

Train the trainer” model: dietetic students are mentored and trained in sport nutrition assessment, evaluation, intervention and counseling of clients by licensed RDNs. Students collaborate with different athletic and wellness groups on campus to provide individualized nutrition counseling and education sessions.

- Sports Nutrition & Wellness Club has grown from eight dietetic majors to approximately 22 in 18- month time span

Program Intervention

Two tasks: Provide individual nutrition counseling sessions and athlete cooking and sports nutrition education classes.

Individual counseling sessions:

Include clients from the University Wellness Program and Recreation Sport. Along with mentoring from a registered and licensed dietitian nutritionist (RDN LD), dietetic majors work in pairs to complete full nutrition assessments using the Nutrition Care Process and the Nutrition Data Set for Research (NDSR) nutrient analysis program.

Nutrition assessment and intervention has three parts:

- 1 – Initial client intake and assessment
- 2 – Goal setting
- 3 – Follow-up and re-evaluation

Cooking and education sessions:

Club collaborates with University athletic teams to provide evidenced based sports nutrition information relevant to their sport coupled with hands-on cooking skills that reinforce the education. Themes include: Healthy snacks, grocery shopping, quick meals on a budget and basic nutrition.

Impacts to Measure

Data is being collected to measure impact of the two tasks and how the Sports Nutrition & Wellness Club strengthens the dietetic majors’ sports nutrition knowledge and counseling skills.

Learning Outcome

Participants will be able to identify how a similar program can be initiated within their institution.

ACKNOWLEDGEMENTS

I want to thank the Department of Health and Sport Science for supporting the efforts of this club.

