



Ladies Gaelic football players: knowledge and sources of nutrition information for performance

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Sports nutrition is an essential aspect of athletic performance, with nutrition knowledge associated positively with quality of dietary intake⁽¹⁾. Previous research in ladies Gaelic football have demonstrated that sports nutrition knowledge was classified as poor⁽²⁾. However, nutrition knowledge has not been explored in ladies Gaelic football using the full Sports Nutrition Knowledge Questionnaire to date. This study aimed to further investigate sports nutrition knowledge, the effect of demographic factors and sources of information in female Gaelic football players in the Republic of Ireland.

An online questionnaire was distributed to Ladies Gaelic football players ≥ 18 years old and living in the Republic of Ireland. The questionnaire examined sports nutrition knowledge using the validated full Sports Nutrition Knowledge Questionnaire⁽³⁾, demographic factors, and sources of nutrition information and support. Ethical approval was provided by ATU Sligo Department of Health Science and Nutrition Research Ethics Committee. A Chi-squared test was performed to investigate if there was a difference between level of sports nutrition knowledge and level of education.

A total of 113 eligible participants completed the questionnaire. The highest-level participants had played at was 94 at sub-elite and 19 at elite level. Mean (SD) sports nutrition knowledge score was “poor” (47.8 ± 11.9), with only 11.5% scoring a “average” or “above”. There was no significant association between education level obtained and level of nutrition knowledge. Ninety-five participants (84.1%) reported not receiving access to nutrition information or a nutritionist/dietician. One hundred and twelve participants (99.1%) believe that their club should provide access to nutrition information and a nutritionist.

The level of nutrition knowledge in the study participants is similar to that observed in previous research in ladies Gaelic football players using the abridged Sports Nutrition Knowledge Questionnaire⁽²⁾. This research adds to the evidence supporting the need for more sports nutrition knowledge interventions and evidence-based support for female Gaelic players in the Republic of Ireland.

References

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