KNOWLEDGE, INTEREST AND ATTITUDE OF FOOTBALL PLAYERS TOWARDS SPORT NUTRITION OF WOLAITTA DICHA FOOTBALL TEAM

MSc. THESIS

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HARAMAYA UNIVERSITY, HARAMAYA

KNOWLEDGE, INTEREST AND ATTITUDE OF FOOTBALL PLAYERS TOWARDS SPORT NUTRITION OF WOLAITTA DICHA FOOTBALL TEAM

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As Thesis Research advisors, we here by certify that I have read and evaluated this thesis work prepared under our guidance, by Nigatu Demawozie Damte entitled: **"Knowledge, interest and attitude of football players towards sport nutrition of wolaitta dicha football team".**Werecommendthatitcanbesubmittedasfulfillingthesisrequireesfor the degree of *Master Science in Sport Nutrition.*

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As member of the board of examiners of the MSc Thesis Open Defense Examination, I certify that I have read, evaluated the MSc Thesis Research prepared by Nigatu Demawozie Damte and examined the candidate. I recommended that the MSc Thesis research was accepted as fulfilling the MSc Thesis research requirement for the Degree of *Master of Science in Sport Nutrition.*

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Final approval and acceptance of the thesis is contingent upon the submission of its final copy to the council of graduate studies (CGS) through the candidate department or school graduate committee (DGC or SGC).

DEDICATION

I dedicated this thesis manuscript to my father Demawozie Damte, my sister Birtukan Ermias and my brother Zenabu Demawozie for their entire contribution and being partner in my success.

STATEMENT OF THE AUTHOR

By my signature below, the researcher declare and affirms that this Thesis is my own work. The researcher has followed all ethical and principles of scholarship in the preparation, data collection, data analysis and compilation of this Thesis manuscript. Any scholarly matter that is included in the Thesis has been given recognition through citation.

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BIOGRAPHICAL SKETCH

The author, Nigatu Demawozie, was born in September 1, 1976 E.C from his father Demawozie Damte and his mother Zewude Meskelo in shone, Haddiya Zone of SNNPR. When his Age reached to school attended in shone junior school and primary school and secondary became in durame high school, Joined Hawassa TTC in 1998 and graduated college diploma in HPE, In September 2002 and joined Dilla University in 2002 E.C with bachelor of degree in Sport science in 2006 E.C. He was recruited as a teacher in shone high school and served or working experience as physical education teacher for 12 years. He joined the school of graduate studies at Haramaya University in 2010 E.C as regular graduate student to pursue his Msc in Sport nutrition.

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ACRONYMS AND ABBREVIATIOS

ADA	American Dietary Association
AI	Adequate intake
BMI	Body Mass Index
CHO	Carbon Hydrogen and Oxygen
FIFA	Federation of International de Football Association
GI	Glycolic Index
HEA	Health and Education Act
NHANES	National Health and Nutrition Examination Survey
PHE	Physical Health and Education
RMR	Resting Metabolic Rate
SNNPR	South Nation Nationality Peoples Region
SP	Sport Nutrition
US	United States
WD	Wolaitta-Dicha

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ABSTRACT

The purpose of this study was to assess the knowledge, interest and attitude of football players towards sport nutrition in case of wolaitta dicha football team. Thus, the Subjects in the study were including 52 players and 6 coaches from Wolaitta dicha football team players. They were selected purposely the subject completed a nutritional knowledge, interest and attitude questionnaire. To attain the desire objectives the study a descriptive survey based on structured questionnaire was conducted. Data were analyzed with quantitative method and spss (20). The result of the study revealed that this mean overall nutritional knowledge, interest and attitude scores for football players' was 64.62 and 40.29 respectively, age of players correlated positively with nutritional attitude of players, no statistical significant mean difference between players having cultural influence and fasting habits with players who have no cultural influence and fasting habits towards nutritional interest and attitude, no statistical significant mean difference between players with different playing position and playing experience towards nutrition, in addition drinking alcohol affects the footballer's performances, so that the coaches and football club administrators keep or manage their players from alcohol abuse and athletes must be give great attention to develop good habits of water intake before, during and after training in addition the whole day, which contributes to develop good performance by increasing excise performance .

Key words: Knowledge, Interest, attitude, Football players, sport nutrition

1 **INTRODUCTION**

1.1. Background of the Study

Foot ball is the world's most popular sport with competitors of all ages and abilities. Many of these participants, at even a young age, train and compete at intense levels, striving to improve their performance and become a top, unbeatable player .Soccer players can remain healthy, minimize injury and achieve their performance goals by adopting good dietary habits. Players should choose foods that support consistent, intensive training and optimize match *performance. What a player eat and drinks in the day and hours before, during and after a* game can influence the result by reducing the effect of fatigue (Nedelec *et al*., 2012)

Nutrition plays a vital role in the health of athletes. Lack of nutritional knowledge can lead to poor eating habit which can then affect the athlete's performance .Athletes that have the correct nutrition education and knowledge may make better food choices. But athletes who have the incorrect nutrition education and less knowledge may not make better food choices (Gibney, *et al*., 2009).

World football clubs towards nutrition is the application of nutrition knowledge to a practical daily eating plan focused on providing the fuel for physical activity, facilitating the repair and rebuilding process following hard physical work and optimizing athletic performance in competitive events, while also promoting overall health and wellness. Football club is a center of sporting excellence where it is recognized that appropriate nutrition is essential to health and performance of athletes and staff. Nutritional interest of players is related with food choice. Food choice is a complex process which involves many different factors. The Many attempt modes to illustrate the factors influencing this process have resulted in many qualitative food choice models (Gleeson, 2013).

In Africa the knowledge, interest and attitude of football club players towards nutrition has not be give as such much more emphasis depending up on the science, but some of the nation's

football clubs were use proper food nutrition to their clubs, due to these case many footballers in Africa show weak result and as well as weak efficiency because of the lack of scientific knowledge, interest and attitude of nutrition in the football clubs, (Wiita., 2012). Interest of players towards nutrition cannot be directly observed, but their existence can be inferred from over responses or indicators. Because attitude can be considered as evaluative tendencies, they can be expressed in terms of effective responses such as feelings and emotions, and can be measured through physiological responses that may be linked to emotional process, (Wiita., 2012).

In Ethiopia the knowledge, interest and attitude of football players towards nutrition according to the procedure of the food science we're not be implemented in different clubs and the higher leaders of the clubs will not be observing these issues in a proper manner and not be give serious concern to the footballers interest about nutrition accordingly. These problems has seen in most of the clubs, and one of the fallerity of the countries football is considering that the lack of nutritional intake food on the football players are the case to the faller of the result, (Abate, 2014). The timing of the meal that players eat is important on the day of a match. The intake of fat and protein should be restricted, as these nutrients require a relatively long time to digest. Plan to have pre match meal at least three hours before the match. Per mach meal should be high in carbohydrate, low in fat, low in protein, not too bulk, and easy to digest (clark, 2013).

In SNNPR state of Ethiopia the knowledge, interest and attitude of football club players about nutrition is still the problem, from these clubs in the region Wolaita-Dicha football club is one of the victim on the problem of the nutritional intake inefficiently. The club is not be use proper nutritional food after their training in a proper way or based on science, this kind of situation influences the result of the club and the fallerity of the club also affects the psychology of the supporters of the club, Proper nutrition not only benefits the players physically, but also mentally and that's half the battle on the field. If the brain is not well fed, then the player were not play to the best of their ability. Without the right food, a player can suffer from the inability to concentrate, (Zewdu, 2006).

1.2. Statement of the problem

A world authority on sport nutrition recently noted that when talented, motivated and highly trained players meet for competition, the margin between victory and defeat is usually small when everything else is equal, nutrition can make the difference between winning and losing (Williams, 2007). It is important for players to understand basic nutrition information and have basic nutritional knowledge of their energy and nutrient need in order to optimize athletic performance.

Many players adopt rigid training diets that predispose them to under nutrition, fatigue, and injury (Quatromoni, 2008). In many cases players who adopt rigid training diets find themselves under fueled, pre occupied with thoughts about food and compromised in their performance. It is not common for players to have misinformed beliefs about their nutritional need. With players training and playing regularly, diet is now seen as a crucial part of the game to assist in producing maximum effort and allowing players to maintain their own body weight and composition. But what exactly do the players know and understand about the food they consume and the role it plays in preparing the body to compete and train? And this researcher proposed to fill this gap. Therefore, this research was aim to provide the answer for the following research questions:-

1. What is player's knowledge that holds towards sport nutrition?
2. What is player's interest and attitudes that hold towards sport nutrition
3. Is there a difference between players having cultural influence and those have no on their interest and attitude towards nutrition?

1.3. Scope of the Study

The overall scope of the study is to assess the knowledge, interest and attitude of Wolaitta-Dicha football players towards Sport nutrition.

1.4. Limitation of the Study

This study was constrained by the tight schedules of the Ethiopian and African league championship competition, lack of organized data, financial constraints, UN willingness of same respondents.

1.5. Delimitation of the study

This study was delimited to the nutritional knowledge, interest and attitude of wolaita dicha football club players also the study delimited to the men footballers.

1.6. Significant of the Study

The significance of the study is Wolaitta-Dicha (WD) football players were help to have nutritional knowledge, interest and attitude towards Sport nutrition on positive effects. And improve the nutritional knowledge on footballer's Furthermore it were provide open door to any interested researcher to conduct further research up on it.

1.7. Definition of Key Terms

- **Sport nutrition:-** is the study and practice of nutrition and diet as it relates to athletic performance (Burke, *et al*., 2011)
- **Attitude: -** is a disposition to respond favorably or a favorably to an object, person or event with in consumer and food studies. (Cox and Anderson, 2004)
- **Dehydration:**- is removal of water molecule from the body (Nichols *et al*., 2005, Sawka *et al*., 2007).
- **During competition diet:**- is fluid which is taken during (within different interval of) the game (casa *et al*,2003)
- **Nutrient:**-chemical constituent of a food that we eat (Wilmore & Costill 1999)
- **Nutrition:**- is science that study about the effect of food to the human body
- **Post competition diet**:-diet which is taken by player after the game/training (Reilly, 2013).
- **Pre competition diet:-** diet which is taken by player before the game/ match(Willimas and Serratosa 2006)

1.8. Objectives of the Study

1.8.1. General Objectives

- The general objective of this study is to assess the knowledge, interest and attitude of Wolaitta Dicha football players towards Sport nutrition.

1.8.2. Specific Objective

- To identify nutritional knowledge of football players towards sport nutrition
- To identify interest and attitude of football players towards sport nutrition.
- To identify players in different age categories and having fasting habits and those who have no fasting habits on their interest and attitude towards Sport nutrition
- To investigate players who have cultural influence and those who have no cultural, influence on their nutritional interest and attitude.

2. RELATED LITRETURE REVIEW

2.1. Sport Nutrition

Sport nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by players, and deals with nutrients such as vitamins, minerals, supplements and organic substance, carbohydrates, proteins and fats. During match consuming carbohydrate in the form of a liquid beverage or sports drink is important, (Burek, *et al*., 2011).

Football is among the most popular sport in the world. However, despite the immense popularity and vast amount of money now involved in the modern game, relatively little work has been undertaken to assess the role of nutrition in football and players perceptions of the role In years gone by, players would eat what they liked. However, today's game has developed with players training and behaving more like elite players. This change in approach has coincided with an increase in the tempo and intensity during top competitive football over the past two decades (Reilly, 2016).

2.2. The Concept of Interest

The concept of interest mean what exists in the mind as a representation (as of something comprehended) or as a formulation as of a plan. The study of interest has been "characterized by an embarrassing degree of ambiguity and confusion" (Fishbein, 2011).Despite the long history of research interest, there is no universally agreed definition (Reilly 2004). For instance, Fishbein and Aizen (1975); and cited by Abate (2001) defined interest as a general, enduring positive or negative feeling about some person, object or issue. According to Kalat (1986); and cited by Abate (2001), the term interest has been defined in many ways, such as "the evaluative feeling that a given object "or" a learned predisposition to respond to something positively or negatively".

2.3 Nutrition Attitude

Attitude has been described as a psychological determinant in food choice and consumption among other determinants such as physiological and nutritional needs. Attitude causes

experience of emotions or may involve intellectual activities such as reasoning and purposive behavior. Some of the known attitudes associated with food are seen when food choices are triggered by external factors like sight rather than internal cues like hunger, dietary restraint or health and avoidance of novel foods (Cox and Anderson, 2004)

Attitude towards food greatly influence nutrition efforts and dietary choices that people make and can be related to observed dietary patterns particularly when based on factors such as aesthetic values of food or scientific benefits of food to an individual. Positive attitude toward healthy food choices have been shown to be influenced by nature of environment. School set ups provide such a conducive environment to promote positive attitude and lifestyle choices in enhancing society health for students are viewed as change agents (Contento *et al*, 2007).

2.4. Nutritional knowledge

Nutritional knowledge impacts attitude and eating habits among the society (Goodenew, *et al* 2002). The nutritional knowledge can get from many sources like magazines, internet, and others sources. Nutrition education, in any shape or form, will help to provide athletes base foreknowledge. When provided with this knowledge base, athletes then be able to make their own nutrition choices.

According to (Lafarge *et al* 1994).People could reasonably estimate specific foods they eat each day, such as the number of fruits and vegetables but not the level of hidden nutrients such as fat or fiber in their diets. Knowledge of nutrition would encouragement the attitude of nutritional intake in daily life and then could reduce the problem of health and diseases especially among students (Demory-Luce, *et al*, 2004).

Browning (2010).Points out, that to improve the performance in any tournament, the nutrition knowledge among athlete s were related to the healthy food choice which very important for their energy. The nutritional Knowledge builds the athletes awareness for the aspect of nutrient intake and then influence for produce energy and nutrient metabolism which depend on eating habits. According to the another model that influence the increase in knowledge affects attitude and therefore changes the dietary habits which related to the knowledge-attitude-practice model that based on cognitive-effective-behavior theory in the area social psychology (Johansen *et al.*, 2006).

2.5. Nutrition for Sports Performance

Having established that high demands are placed upon players during a season, with pee-season to regain any loss in fitness over the post season break, regular training to regain any loss in fitness over the post season break, regular training and matches which can occur twice a week regularly throughout the season, it is important to be aware of exactly what role food plays in performance. By having awareness of the foods that they are consuming players will be able to control their own body mass. This is important as suggest an increase or excess of body fat can impair physical performance and makes a person more susceptible to injury (Pollocp and Jackson, 2014).

2.6. The Footballer's Diet

The energy cost of football is approximately 1,300-1,500 kcal for a 90-min game, depending upon playing position, tactics and body composition of the player. In our experience, the amount of energy required should be adjusted to reflect the lean body mass in kg of the individual player. Global positioning satellite technology can be used as a tool to approximate the energy cost of training sessions. An insufficient energy intake does not cover energy required for match performance, training and daily living activities. It has been reported that energy intakes below 30-35 kcal/kg lean body mass (excluding exercise) accentuate fatigue, immune-suppression and the predisposition to injury. Furthermore, low-energy diets in which calories are not consumed via a variety of foods typically have low nutritional quality (Loucks *et al,* 2011).

Insufficient energy intakes combined with poor dietary choices increase the risk of players being deficient in nutrients such as vitamins B or C; minerals like iron, calcium, magnesium, zinc and selenium. Interestingly, inadequate plasma vitamin D concentrations have been observed during the winter months in top-level players (<30ng/ml). Low vitamin D may affect bone metabolism and has been associated with alterations in strength and muscle components (Morton *et al* 2012).

(Bangsbo 2015) reported that male players cover an average distance of 11 km during a match coupled with other energy-expending activities, including tackling, turning, and accelerating. Use of distance covered in a match as a way to assess energy expenditure underestimates the true cost of energy used in football (Reilly, 2010). According to (Maughan *et al*, 2010) many

players reduce their energy intake at times to assist with the loss of body weight and body fat, but it is harmful to restrict energy intake so much that it interferes with normal body function. The diet must provide enough energy (calories) to meet the demands of training and match play, as well as cost of growth, development, and staying healthy. Eating less than this on a long-term basis will lead to a loss of performance and a risk to health.

2.7. Energy (calories)

The determination of energy needs for football players is based on many factors including their physical characteristics and their position on the football team. For example, defensive linemen, particularly defensive ends, are generally smaller than offensive linemen while running backs, linebackers, wide receivers and defensive backs are generally the same size and have common physical measurements (Pincivero *et al.,* 2014). In terms of body composition, similar findings are also found. Linemen generally have a higher percentage of body fat than linebackers, running backs, defensive backs and wide receivers (Pryor *et al.,* 2014). Thus, the wide range in body size and composition can make kilocalorie requirements extremely variable among a football team. In addition, different teams may emphasize different weights and body composition for certain positions. An estimated range of kilocalorie intakes for football players based on their position and body composition

(RMR) is the energy required to maintain bodily functions such as heart rate, respiration and circulation while the body is at rest. It accounts for approximately 60-80% of total energy expenditure. It is measured by indirect calorimeter, where oxygen consumption (L/min) and carbon dioxide production (L/min) are collected and analyzed for a specific amount of time. Because most practitioners do not have access to the equipment to actually measure RMR, a number of prediction equations are used to estimate RMR. (Thompson and Manore 1996) compared predicted RMR equations with measured RMR and found that the (Cunningham *et al,* 1980) equation provides an accurate estimate of RMR when determining energy needs of active individuals.

Energy needs are slightly higher to assist with the healing process. If the injury is severe, resting energy expenditure can increase by 20%. When using crutches, energy expenditure can be 2-3 times higher compared to normal walking. Sometimes- a small weight gain is beneficial-because, without enough calories, muscle growth is limited and muscle loss can be

greater (Molfino, 2013) from studies into the dietary intake and energy expenditure of football players, it has been established that best practice is not always followed amongst most professional footballers. It has been established that player energy intake ranges from11 MJ to15.7 MJ d-1, with (Mughan, 2010, Bangsbo, 2015) recommending 21.5% energy from fat 61.5% from CHO and 14% from protein.

2.8. Nutrients for Football Players

2.8.1 Carbohydrate

Carbohydrates are the primary energy source for the exercising muscle when exercise intensity reaches 65% of maximum oxygen consumption (VO2 max) or greater (van *et al.,* 2001). Carbohydrate is the fuel of choice for high-intensity aerobic exercise and also for so-called anaerobic exercise, where sprint and ballistic like movements occur. Because football players have high-intensity and vigorous workouts for sometimes more than an hour a day, they may need as much as 5-7 g of carbohydrate/kg/day of body mass in order to maintain and replenish muscle and liver glycogen stores (Burke *et al.,* 2011, and Coyle, 1991).

In the past, carbohydrate recommendations have often been expressed as a percentage of total kilocalories; however, this percentage is poorly correlated to both the amount of carbohydrate actually eaten and the required fuel needed to support an athlete's training and competition. This macronutrient is an athlete's main source of energy for physical activity. However, following an injury that limits activity, carbohydrate intake can be slightly lowered to prevent excessive weight gain. Sports beverages, gels, sodas and concentrated sweets are highly discouraged during this time (Smith 2011a, Smith, 2011b).

Dietitians of Canada, and the American College of Sports Medicine position paper on nutrition and athletic performance recommends for athletes to consume 6 to 10 grams of carbohydrates per kilogram of body weight each day, whereas some sources set the minimum recommended value at approximately 5 grams of carbohydrates per kilogram of body weight per day. In order to determine the specific amount of carbohydrates required to support an athlete's energy requirements, several factors such as gender, type of sport, and environmental conditions have to be taken into consideration (Rodriguez, Dimarco, and Langley,. 2009)

2.8.2. Protein

Protein intake is recommended immediately post exercise (0.3 g/kg BM, ~20-25 g), together with appropriate volumes of fluid to rehydrate (Laitano and Res, 2014). Some studies suggest the use of nutritional anti-inflammatory aids as flavonoids like quercetin or melatonin; "tart cherry juice" may also be of benefit when recovery time between matches is inadequate. However, evidence is limited and discussion of their application to football is beyond the scope of this review (Res, 2014 and Howatson, 2010).

Protein is needed for normal cellular functioning as well as synthesis of various bodily tissues. Athletes tend to have elevated demands for dietary protein intake compared to sedentary individuals. During the immobilization phase there is a tendency to lose muscle mass. Protein helps athletes to build and repair muscle; therefore, the need for protein is higher. The precise number of grams/Kg (lb) needed each day is very individual. But, it is safe to assume that it's more than the dietary reference intake (DRI) of 0.8 grams/kg (0.35 grams/lb). While research suggests that the protein need is close to 1-1.2 grams/kg (0.45-0.55 grams/lb), since the majority of athletes eat more protein than they need, sufficient protein intake is typically not an issue (Smith, 2011a, Smith, 2011b).

Dietary surveys show that most players who eat enough to meet their energy needs already consume diets that provide protein intakes above 1.2-1.6 g/kg/d, An adequate energy intake is also important in promoting protein balance or increasing protein retention. Protein recommendations for athletes differ depending on the level at which the athlete trains and what type of sport the athlete is involved in, such as endurance vs. strength sport (Lamon, 2000).

2.8.3. Fat

Dietary fats supply a source of essential fatty acids and fat-soluble vitamins that are important to a football player's diet; however, most players either fall within the range for recommended fat intake or exceed it. Players who consume a high-fat diet will not only have adverse health effects but may also displace the storage of carbohydrates by fat (Coyle *et al.*, 2001). On the other hand, players who eat a very low-fat diet (less than 15% of total kilocalories from fat) do not have any additional performance benefits. So, neither a high-fat diet nor low-fat diet is advised (Stellingwerff *et al.*, 2006).

Despite the fact that most players fall within the recommended range of fat intake, players of all ages should be encouraged to consume more heart healthy fats, which include more fats that contain monounsaturated (olive and peanut oil) and polyunsaturated fatty acids (safflower and soybean oil) and lower amounts of saturated fatty acids (butter, lard, cream) and trans fats (processed foods like cookies and crackers) with the addition of fruits, vegetables and whole grains. (Bosch and colleagues 2014) found that as body mass increased, abdominal fat accumulation increased in NFL players. Fats are essential for healing, and the type of fat is critical. Omega 3's (found mainly in fatty fish such as salmon, mackerel or tuna) help to increase muscle protein synthesis (muscle building), as well as play a role with recovery and decreasing inflammation (Smith *et al.,* 2011a, Smith,2011b).

2.8.4 Vitamins and Minerals

Vitamin C - Assists with wound healing, tissue repair and optimal immune function. Foods rich in vitamin C include: citrus fruit, strawberries, red bell peppers, watermelon, etc. Vitamin A - Assists with cell growth and development, as well as immune function. Examples of foods rich in vitamin A include: sweet potatoes, tomatoes, carrots, papaya (i.e., orange/red fruits and vegetables).Zinc - Assists with wound healing, protein synthesis and immune function. Good choices of foods for getting enough zinc include: beef, almonds, seeds e.g., sunflower, flax (Molfino, *2013)*.

Adequate intakes of energy, protein, iron, copper, manganese, magnesium, selenium, sodium, zinc, and vitamins A, C, E, B6, and B12 are particularly important to health and performance. These nutrients, as well as others, are best obtained from a varied diet based largely on nutrient-rich foods such as vegetables, fruits, beans, legumes, grains, lean meats, fish, dairy products, and unsaturated oils. Dietary surveys show that most players are able to meet the recommended intakes for vitamins and minerals by eating everyday foods. Those at risk of sub-optimal intakes of these micronutrients include:-players who restrict their energy intake, especially over long periods, to meet weight loss goals, players whose diets lack variety and who eat a lot of foods with a poor nutrient-density (Mauguan , 2010).

2.8.5. Fluid

Recommendations and guidelines for player hydration must be customized as far as possible by adjusting quantity and composition depending on changes in body mass. Analysis of sweat

and electrolyte losses allows us to further individualize player recommendations. In general, we recommend that body mass losses be no greater than 2% of pre-exercise values (Morton, 2012). Regarding post-exercise hydration, recently authors reported alcohol intake after training/competition reduces rates of myofibrillar protein synthesis even if co-ingested with protein. The suppression of the anabolic response in skeletal muscle will impair recovery and adaptation to training. Therefore, inappropriate ingestion of alcohol will have implications for subsequent performance and thus risk of injury (Parr 2014).

Proper hydration and athletic performance goes hand in hand. It is vital for athletes to consume adequate amounts of fluids before, during, and after exercise to optimize athletic performance, maintain health, and avoid dehydration and heat related injuries. If an athlete loses >2% of body weight through fluid loss, dehydration occurs which can impair athletic performance, cognitive performance, and place an athlete at greater risk of experiencing heat syncope, heat exhaustion, and even heat stroke (Nichols *et al*., 2005, Sawka *et al*., 2007).

Fluid intake, recommendations for athletes before, during and after exercise.It is recommended that individuals drink 5 to 7ml per kilogram of body weight of water or sports drink at least 4 hours before and also, they need to consume 16 ounces of water or a sports drink 1 hour before physical activity. During exercise, several factors influence the hydration status of an athlete, including the following: the type of exercise, duration, intensity level, environmental conditions, and individual's sweat rate ,thus, the amount and rate of fluid to be consumed should be estimated based on individual athletes needs and specific environmental conditions in which the exercise takes place . In general, it is recommended for an individual to consume 4 to 8 ounces of fluid every 15 to 20 minutes of activity and if activity lasts longer than 1 hour, athletes are encouraged to consume a beverage that contains 6% to 8% carbohydrate, sodium, and potassium in order to provide energy and replace electrolytes loss through sweat. After exercise, it is recommended for individuals to consume 16 to 24 ounces of fluid for every pound lost of total body weight (prior to exercise) from sweat loss (Rodriguez *et al* . , 2009)

2.8.6. Fluids and Their Importance

Sweat losses will depends on a number of factors including body weight, genetic predisposition, and protective cloth in, the environment, the intensity and duration of the exercise. Research has shown that sweat rates can range between 0.5-2.0 liters per hour over a

range of different sports in different environment (Bergeron, 2003).Therefore, at rest players should drink adequate amount of water in order to control their body temperature during training, for eliminate of waste products from metabolism and for energy production. Moreover, the Official U.S. Youth Soccer Coaching Manual (2002) recommends that drinking before, during, and after a game of football/soccer as follows:

- Before a training session, drink 2 cups of fluid one hour prior to playing.
- During a training session, make an effort to drink 0.5 cup of fluid every 15-20 minutes of training or play time.
- After training or at the end of the training session, drink immediately and often until urine color is very light yellow to clear.

2.9. Timing of Diet

2.9.1 Diet before Match/Training

According to (Willimas and Serratosa 2006) sited planning a nutritional strategy for match day begins by first knowing the time and location of the match. Thereafter, the team nutritionist can work out how much time is available for meals and then recommend their composition bearing in mind the culinary likes and dislikes of the players. What players should eat on match day is a frequently asked question in sports nutrition. The recommendation from the available evidence is that players should eat a high-carbohydrate meal about 3 h before the match. This may be breakfast when the matches are played around midday, lunch for late afternoon matches, and an early dinner when matches are played late in the evening. The combination of a high-carbohydrate pre-match meal and sports drink, ingested during the match, results in a greater exercise capacity than a high-carbohydrate meal alone. There is evidence to suggest that there are benefits to a pre-match meal that is composed of low-glycamic index (GI) carbohydrate foods rather than high-GI foods. A low-GI pre-match meal results in feelings of satiety for longer and produces a more stable blood glucose concentration than after a high-GI meal.

The two key nutrients important before exercise are water and carbohydrate. Importance of carbohydrate-rich foods that can easily be eaten as an early morning, mid-morning, afternoon or early evening pre-exercise meal include. Raise blood sugar, Protect glycogen stores and Provide an immediate form of easy, accessible fuel in order to sustain for prolonged period of

physical exercise (activity), players should eat much amount of carbohydrate foods than proteins and fats because carbohydrate is an immediate source of energy. In relation to this while eating (taking) carbohydrate foods before training it is important to eat three hours before the training session. Moreover, he states that; soccer/football players should leave at list a 3-hour interval between a full meal and competition in order to minimize gastrointestinal problems such as nausea and a feeling of fullness (Mac and Reilly, 2007).

According to the official U.S. (Youth Soccer Coaching Manual 2002) the two key nutrients important before training or competition are carbohydrate and water. More specifically, as sited in (Reilly, 2012) explains that; the meal should be high in carbohydrates, preferably complex carbohydrates such as bread, cereals, pasta, rice, potatoes, fruits and vegetables.

2.9.2. During Match/Training Diet

Fluid loss as little as 2% of body weight (1.4kg in 70 kg athlete) has been shown to decrease endurance performance (casa *et al,*2003) Depletion of fuel stores can be an issue for football matches, especially for players in mobile positions or with a running game style. High carbohydrate strategies felling up for the game and consuming extra carbohydrate during the match – have been shown to enhance performance in such players. Better intake of fluid and fuel during a game may not only keep players running further and faster in the second half of a match, but it can also help to maintain skills and judgment when players would otherwise become fatigued. Games are often won and lost in the last minutes of the match, and fatigued players are at increased risk of injury (Sawko and Coyle, 2011).

Caffeine is present in many commonly available drinks (tea, coffee, cola, etc) and sports foods (e.g. gels, some sports drinks) and can enhance endurance during prolonged exercise. This benefit can be obtained with the relatively small doses of caffeine that are commonly consumed by people of various cultures (e.g. about 2-3mg/kg body weight as found in 1-2 cups of brewed coffee or 750-1500 ml of a cola beverage (Williams and Seratossa 2006).

2.9.3 Post Match/ Training Diet

Recovery after exercise is part of the preparation for the next exercise session, and replacement of sweat losses is an essential part of this process. Both water and salts lost in sweat must be replaced. Aim to drink about 1.2-1.5 liters of fluid for each kg of weight lost in

training or matches. Drinks should contain sodium (the main salt lost in sweat) if no food is eaten at this time, but most meals will contain adequate amounts of salt. Sports drinks that contain electrolytes can be helpful, but many foods can also supply the salt that is needed. A little extra salt may be added to meals when sweat losses are high, but salt tablets should be used with caution. The major considerations after competition are to replenish carbohydrate and fluid losses. As already mentioned, it is important to consume carbohydrates as soon as possible after exercise in order to achieve a quick and complete glycogen restoration (Reilly, 2013).

2.10. Supplement for Players

Health and Education Act (HEA) of 1994 defined the term dietary supplement: dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The "dietary ingredients" in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandular, and metabolites.(Burke *et al.*, 2006).

Dietary supplements can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, soft gels, gel caps, liquids, or powders. Training for and playing football can markedly increase the need for macro- and micro nutrients. At a professional level, with often sustained periods of two matches per week, interspersed with training sessions, this increase can be substantial. However, this need can be covered adequately by dietary management, and establishing good eating practices to achieve the consistent intake of a well-balanced and healthy diet should be the primary nutritional strategy to support optimum performance in football Such practices include manipulation of the quantity and type of foods to meet fluctuating energy needs, the selection of food sources to provide adequate carbohydrate, protein, and micro nutrients and, last but not least, the specific timing of intake of nutrients to facilitate recovery between exercise and promote adaptations to training. (Greenhaff *et al.*,2016).

Coaches, physicians, parents, and others who are engaged in the training and education process of footballers must pay particular attention to developing adequate eating habits in players, rather than promoting the use of dietary supplements to compensate for presumed dietary shortcomings. This is particularly true for young players, who should be able to

develop their football talent by the optimum combination of training and diet. It is most doubtful that the addition of dietary supplements could facilitate the expression of football talent. (Hawley *et al.,* 2006; Williams & Serratosa, 2006).

According to (Hespel, and Grejory, 2006) thousands of supplements, mostly pseudo-supplements, are available for purchase. To recognize supplements that are potentially effective and relevant to football, three requirements have been identified:

1. The supplement must work, which means that it must influence physical/physiological, mental, or health factors that determine performance in football.
2. The supplement must not cause any adverse health effects.
3. The supplement must be legal—that is, it must not contain any substance named in the banned substance list, or alternatively a substance that could result in a positive doping test. Major supplement in football are: caffeine, ephedrine, creatine, glutamine.

2.11. Alcohol

According to (Mauguan 2010) alcohol is not an essential component of a diet. It is a personal choice whether an adult player consumes alcohol at all. However, there is no evidence of impairments to health and performance when alcohol is used sensibly. Before consuming any alcohol after a match, the player should consume a meal or snack to replace carbohydrate, and protein. This snack or meal will start the recovery process. Food intake will also help to reduce the rate of alcohol absorption and thus reduce the rate of intoxication. Once post-exercise recovery priorities have been addressed, the player who chooses to drink is encouraged to do so “in moderation”. The player should certainly avoid a heavy intake of alcohol on the night before a match. It appears unlikely that the intake of 1-2 standard drinks will have negative effects in most habitual drinkers. Alcohol drinking is not advisable for footballers because the body can absorbed it slowly and it impeded re-hydration, make players forget about following sound recovery practices such as treatment for in injuries, adequate sleep or optimal eating and drinking.

2.12. Cultural and Regional Issues in Football

According to (Maugan 2010) football is a truly international sport, and great players have emerged from every country in the world. Teams from different parts of the world will face

different nutritional challenges, but none of these presents an insurmountable problem. A little attention paid to nutrition will pay big dividends in terms of better performance and better health. Most teams will contain players from different ethnic, cultural and socio-economic backgrounds. On the field, they all play together and share the same aims and ambitions, but at home they are likely to have very different eating habits. Even though they all have broadly similar nutrition goals, an infinite variety of different food combinations can be chosen to meet their nutritional goals. All the essential nutrients can be obtained from normal foods, and variety is a key to meeting nutrient needs, but many different foods can be interchanged. The fruits and vegetables that are commonly available will differ from region to region, although many staples or favorites are exported around the globe. Our eating habits are much more international than they once were, and players can enjoy foods from different countries of the world.

There may be special circumstances that cause athletes to change their normal training and dietary habits. Muslim players avoid food and fluid intake during daylight hours throughout the holy month of Ramadan. This can mean that changes to training times are necessary to ensure that adequate hydration is maintained, especially in very hot weather and at high latitudes. Where matches take place during Ramadan, players should be aware that prior preparation is necessary to ensure good liver and muscle glycogen stores and good hydration. Performance will not necessarily suffer if the player is well prepared (F.MARC Nutrition for football 2010)

2.13. Variables Influence Nutrition Attitude and Interest

2.13.1 Food attitude and interest

Food attitudes are formed early in child hood and are rein forced by a diversity of familial, social and cultural influences which makes food habits one of the most resilient of all habits in acculturation contexts Kennedy, (Garcio, 2011) It is possible to discriminate between the affect's Vs cognitive bases of food attitudes in the context of food, affecting bases or origins, pertain to the sensations, feelings and emotion one experienced in responses to food like pleasant taste and mouth feel, the pleasure of sharing it with friends, or the emotion that arise from its consumption. By contrast, cognitive bases contain positive and negative attributes and consequences of a more functional or symbolic nature, like nutritional value, convenience or

health consequences. Eating attitude is beliefs, thoughts, feelings and behaviors towards food American dietetic association.

2.13.2.1. Culture and food interest

Linton defines cultures as the way of life of a society that is, culture provides the social members with "an indispensable guide in all affairs of life." (Dicken, 2013) presented four concepts (culture. social, personal and situational) under which the determinants of food practices should be categorized. Dickens viewed cultural causes resulted from environmental condition such as climate, technology, geography and food availability. Social determinants include friends, relatives, and family members: personal factors included age, education and psychological characteristics, situational factors were income and employment of home maker. Leininger conceptualized that difference in food practices are related to how people use food with in a culture people use food for nourishment, to express friendliness and maintain interpersonal relationships, to cope with stress and tension, to enhance sport performance and for religious and creative expressions.

2.13.3 Fasting

Fasting is the voluntary abstention from eating and drinking. Is an integral part of all of the world's Fasting is defined as a partial or total abstention from all foods, or a select abstention from prohibited foods. As a potential non-pharmacological intervention for improving health and increasing longevity, fasting has been the subject of numerous scientific investigations. Most sports men observe an overnight fast on a daily basis and the human body copes well with short duration fasting. Periodic fasting is widely practiced for cultural, religious or health reasons. Fasting may take many different forms. Prolonged restriction of food and fluid is harmful to health and performance and it is often automatically assumed that intermittent fasting will lead to decrements in exercise performance. Players who choose to fast during training or competition may therefore be at a disadvantage. Both, total fat and total protein intake decrease during fasting periods, while total carbohydrate intake does not change in terms of vitamins and minerals intake, both riboflavin and calcium intake decrease during fasting periods of training in the fasted state may not allow optimum adaption of muscle and other tissues. (Maughan, Bartogiz, Dvorok , *et a.l*,2010).

The timing of food and liquid in take depends on the times of sun set and sun rise during the month of Ramadan. Aside from macronutrients, vitamins and minerals are generally consumed in similar amounts during Ramadan During Christian fasting periods faster abstain from fish and olive oil, dairy products, eggs and meat during these periods diet consists largely of bread, fruits, ligaments, nuts, seafood and vegetables. Daily kcal intake may or may not decrease during the fasting periods. In terms of percentage of energy consumption, there appears to be a consensus Christian fasting increase carbohydrate intake and decrease fat intake. Also the amount of protein intake relative to carbohydrate and fat intake may or may not decrease during fasting when expressed as an absolute amount (Mauguan , 2010).

2.13.4. Age

Age of players influence the food interest and attitude of players towards nutrition the factors may be because of technology, economic, and social changes in a society. With increasing age, players reduced fat intake and increase carbohydrate intake (Garcio *et al.,* 2011).

3. MATERIALS AND METHODS

3.1. Description of the Study Area

The study was conducted in southern nation nationalities and people regional state of Ethiopia in Wolaitta zone consist of 12 woredas and 3 Administrative towns and lies on an elevation of ranging from 1200-2500 above sea level and has sloppy topography. Soddo town is located at a distance of 329km away from Addis Ababa along Hosanna and 157km away from Hawassa town which is the capital city of Southern Region. The Zone has three agro ecological Zones .Dega 3% woinadega 57% and kola 40%. The annual average temperature of the zone is 15.1c^{o}and the min annual rainfall ranges from1200-1300mm.

3.2. Research Design

A descriptive survey research design was used for this study concerning with identifying and counting the frequency of a particular response among the survey group. The survey involved selecting a representative and unbiased sample of subjects drawn from the target group which the investigator wants to study. And these research designs were supported by quantitative approaches.

3.3. Sample and Sampling Technique

Censes sampling were employed to select Wolaitta dicha Football club. All players and coaches were a sample. Because of they are fewer number, all of them were in the study number of Players .Number of players 56, Number of coaches 6 and Technical manager 1.Total players and Coaches are 62.

3.3.1. Sample Size

These study Wolaitta Dicha football players is selected as a sample. All players in the selected for club were taken as the population of this research Total players and Coaches were 62.

3.4. Source of Data

Identifying the source of data is very important to step forward for research work. Accessing these sources of data is also depended on data colleting method and data collecting instruments .The researcher were use the primary sources of data for they are original

materials those have not been altered or distorted in any way. A person with direct knowledge, recordings, and other sources of information that were created under study were considered as primary sources of data Dalton and Charnigo, (2004). Therefore, primary sources of information for this study were wolitta dicha football Team by using members.

3.5. Data Collection Methods and Instruments

The investigator was use data collection instruments like questionnaire, it is impossible to collect necessary information or raw data during research work without data collection instruments (White, 1991 and Bailey, 1994). In research, there are different data collection instruments for collecting data. Therefore; the researchers were instrument used only questionnaire for data collection instrument. These important instruments were questionnaires. The first section of the questionnaire consisted of items asking during Wolitta Dicha perception about players, nutritional knowledge questioner includes 12 items in percentage and like items with 5 point ranging scale from 1= I like very much, 2= I like very, 3= I do not mind, 4= I dislike, 5= strongly dies like. The higher score agree, strongly agree shows positive attitude and the lower score associates undecided, disagree, and strongly disagree with negative attitude. Items measuring coaches were 16 items agree, disagree with 5 point ranging scale, 1=strongly and 2= disagree, 3=undicide,4=agree ,strongly agree =5. The higher score shows positive perception and the lower score associates with negative perception. Structured closed ended and descriptive questionnaires gathered from players and coaches were analyzed as percentage wise.

3.5. 1. Questionnaires

In this study the researcher was be use for questionnaires where ever it was necessary. Close ended questions was also used for they are quicker to code up and analyze than word based data. Questionnaire was the major data gathering tool for this investigation for it was help the researcher to gather data from relatively all number of research participants' .The investigator was adapting questionnaires from respondent. Then the questioners were piloted and the reliability.

3.6. Procedure of Data Collection

Regarding the procedure of data collection, the investigator was assign two data collectors. Hence, the two active data collectors were trained on how to collect data through questionnaires with the knowledge, interest and attitude of football players towards Sport nutrition be conducted in the Wolitta-Dicha football players. Finally, the questionnaires were collected by data collectors. However, questionnaire was carrying out by the investigator

3.7. Method of Data Analysis

In order to analyze the collected data, the investigator was following the following steps: Firstly, data was collected and organized based on the objectives and was coded according to the described topics. These were including quantitative techniques. In quantitative technique, the analyses were characterized by the use one sample T-test by means of standard statistical software programs (SPSS version20. Descriptive statistics was used to investigate the scores of player's. Correlation was used to analyze. Alpha value $\propto$=0.05 and $\propto$=0.01 was used to test the significance tests employed in this study; Next, the result was elaborated with more description. Then, the data collected from footballer's survey with respect to the objectives of the study. Finally the major findings of the study were report and realistic and feasible recommendations were forward.

3.8. Ethical Consideration

This study was going in line with ethical issues. The privacy of the participants was protected. Generally this research was conducted based on the research ethics of Haramaya University. The protocol was approved by the university guidelines. The participants were informed earlier with a written letter.

4. RESULTS AND DISCUSIONS

Table 1 Demographic Characteristics of the Sample

Variables		F	%
Age	18-20	30	57.69%
	21-25	18	31.9%
	26-30	4	7 .69%
	Total	52	100%
Position of playing	Goal keepers	6	12%
	Defense	13	25%
	Midfield	18	34%
	Attacking	15	29%
	Total	52	100%
Experience in club	1-2	35	67%
	3-4	14	27%
	5-6	1	2%
	>7	2	4%
	Total	52	100%

As we can see from table 1, the total no of participants for this study is 52 players. From this when we see their age 30(57.69%) are in the age range of 18-20 years, 18(31.9%) are in the age range of 21-25 years, and the rest 4(7.69%) are in the age range of 26-30 years.

When we see their playing position there are 6(12%) goal keepers, 13(25%) defense, 18(34%) midfield and 15 (29%) are attacking players when we see their experience of playing in the club 35(67%), 14 (27%), 1(2%), and 2(4%) are in the experience range of 1-2, 3-4,5-6 and 7 and above years. From this, one can deduce that the minimum age and experiences of players appear likely to carry out the Knowledge, Interest and Attitude of Football Players towards Sport effectively.

Table 2 players responses' important of sport nutrition on sporting plan and nutritional plan for training

1	How important do you consider sport nutrition to be in your sporting plans?	A. very important	49	94 %
		B. slightly important	3	6 %
		C. Not important	-	-
		D. Not very important	-	-
		Total	52	100%
2	Do you believe that specific sports nutrition strategies could improve your performance?	Yes, definitely	42	81 %
		Maybe	10	19 %
		No, probably not	-	
		Total	52	
3	Do have a nutritional plan that you use for training?	Yes	38	73 %
		No	14	27 %
		Total	52	

The above table 2, item 1,49(94%) of players reply yes that they sport nutrition table in your sporting plan from very important .on the other hand the remaining 3(6%) of the respondent is say that they sporting nutrition to be in your sporting plan from slightly important .

On the same table item 2, 42(81%) of the respondents replied yes, definitely they have believe that specific sport nutrition strategies improve performance and the rest 10(19%) of the respondents is replies may be specific sport nutrition strategies improve performance.

Regarding On the same table item 3, 38(73%) of the respondents replied yes they have nutritional plan use for training and the remaining 14(27%) of the respondents replied no they have nutritional plan not use for training.

Table 3 player's responses' access to nutritional counseling and alcohol consumption

No	Item	Response of players		
1	Do you drink alcohol?	YES	3	6%
		NO	49	94%
		Total	52	
2	Do you have access to nutritional counseling?	Yes	41	79%
		NO	11	21%
		I do not Know	-	--
		Total	52	
3	Do you actively seek out or read nutritional information?	Yes	37	71%
		No	6	12%
		I don't know	9	17%
		Total	52	

From the above table one can be concluded that in sport nutrition sporting plans were very important for knowledge, interest and attitudes for football players.

As indicated on the table above table 3 item 1, 49(94%) of the respondents replied disagree with drinking alcohol and the remaining 3(6%) of the respondents replied agree with drinking alcohol.

On the same table item 2,41(79%) of the respondents replied yes they have access to nutritional counseling and the remaining one of 11(21%) respondents replied no they have not access to nutritional counseling.

Regarding On the same table item 3,37(71%) of the respondents replied yes they have actively seek out or read nutritional information ,however 6(12%) of the respondents replied no they have not actively seek out or read nutritional information and the rest 9(17%) of the respondents replied I don't know what any kind of nutritional information .

Table 4 Response of players concerning nutritional` facts label and water consumption

No	Items	Reponses	Replied	%	Remarks
1	Do you read the Nutritional Facts label When Selecting a food item to eat?	A . Yes	27	52 %	
		B .No	19	37 %	
		C. I don't Know What a nutritional Facts level is	6	11 %	
		Total	52		
2	What kind of foods do you eat most frequently in your daily meals and snacks?	A. Carbohydrate	14	27 %	
		B. Protein	16	31 %	
		C. Fats	1	2 %	
		D. Any other	21	40 %	
		Total	52		
3	How often do you drink water during training that lasts more than 90 minutes?	A. always	39	75 %	
		B. sometimes	5	10 %	
		C. rarely	8	15 %	
		Total	52		

The above table 4, item 1,27(52%) of the respondents replied yes they have read the nutritional fact lebel, however 19(37%) of the respondent is replied no they have not read the nutritional fact lebel and the remaining 6(11%) of the respondent is replied I don't know what a nutritional fact lebel is .

Based on the above idea one can be concluded that 94% of respondents disagreed with drinking alcohol on this issue alcohol affects footballer performances in addition 79% of respondents replied that they have access to nutritional counseling on the other hand 71% of respondents replied they have actively seek out or read nutritional information

On the same table item 2, 14 (27%) of the footballerrespondents replied that theywere ate protein most frequently in their daily meals and snacks. The remained 16 (31%) and 1 (2%) of the

Footballer were ate daily carbohydrate and fat respectively, and also 21(40%) of the footballer Replied ate any kind of foods.Hence one can deduce form this analysis, most athletes were often ate any kind of food sin their daily meals and snacks.

On the same table item 3, 39(75%) of the athlete was replied that he/shedrink water always w hen events last more than 90 minutes. While 5 (10%) ofthe athletes responded that they were d rink water sometimes during prolongedtraining, whereas the remaining majority of 8 (15%) o f the respondents wereanswered that they were drink water rarely in training that lasts more th an 90minutes.

Therefore, athletes must give great attention to develop goodhabits of water intake bef ore, during and after training and the whole day,which contributes to develop good performance by increasing exerciseperformance.

Table 5 player's response adequate dietary intake and that focused in scientific and suitability of nutritional practices strategies

1	Do you think an adequate dietary intake in terms of quantity and quality before, during and after training or competition significantly influences athletic performance?	YES	39	75%
		NO	5	10 %
		Uncertain	8	15 %
		Total	52	
2	Do you appreciate and follow scientific and suitable nutritional practice strategies of dietary intake to ensure proper amount, kinds of food and fluid with appropriate time before, during and after training or competition?	Yes	26	50%
		NO	16	31%
		Uncertain	10	19%
		Total	52	
3	What kind of foods do you select to eat most often immediately after heavy exercise sessions of training	A. High index carbohydrate	23	44%
		B .Low carbohydrate		-
		C. Protein	26	50%
		D. Fat	3	6%
		Total	52	

As show in item 1 of tables 5, 39 (75%) of the athlete respondents were revealed that, an adequ ate dietary intake interms of quality and quantitybefore, during and after training or competitio

ninfluences athletic performance. While 5 (10%) of the athletes were replied thatthere were no a ny contribution of dietary intake before during and after training on performance and the remai ng 8(15%)of the athletes were replied thatthere were uncertain contribution of dietary intake bef ore during and after training on performance.

Based on this information obtained from above table 5 one can conclude that, the dietary intake around training or competition can influence the performance of the training. Therefore, athlete s mustbegive greaattention to proper dietary and fluid intake in quantity and quality befo re,during and after training to enhance exercise as well as athletic performance inspecific even

As indicated in table 5 item 2, 26 (50%) of the athletesrespondents replied that there we re not any scientific and suitablenutritional practices strategythey were applied to ensure the dietary intake inproper amount and kinds with appropriate time around training or competitio

In the other hand, 16 (31%) of the athletic respondents reveal that they wereappreciate a nd follow suitable strategy of dietary intake around training, whereas 10 (19%) of the responde nts were uncertain about nutritional practice.

This implies that there were majority of athletes didn'tappreciate and followthe scie ntific and suitable nutrition practice strategy ofdietary intake to ensure nutrient requireme nts of the body with appropriatetime before, duringand after the training or competition.

As indicated in table 5, item 3 the 23(44%) of the athletes replied that they wereate any kind foo d available without distinguish, where as 26(50%) and 3 (6%)of the athletes were select an h ave low glycemic carbohydrate and highglycemic carbohydrates respectively.

This implies that the majority of the athletes didn't select to have mealsimmediately after heavy exercise. They had any food without giving attention tothe kinds of food.

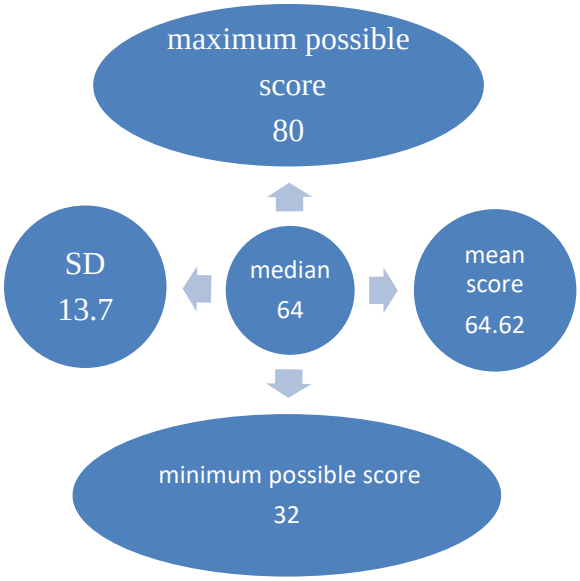
This showsthat the athletes may lack awareness or less experienced in selection andintake of diet and fluid in appropriate time to replace the depleted glycogen andwater loss from the bo dy during training. This is may be one problem ofathletesfaced in dietary intake that leads to req uired 24 hours to recovery from fatigue.

Table 3 Descriptive Statistics of the Scores of Player's Interest towards Nutrition

Variable	Number of items	N	Mean Score	SD Score	Minimum Possible Score	Maximum possible score
Interest	16	52	64.62	13.7	32	80

As we can see from the above chart, the mean score of player's interests towards nutrition was 64.62 and the standard deviation is 13.7.

Figure 1 Diagrammatical Representation of Player's interest towards Nutrition



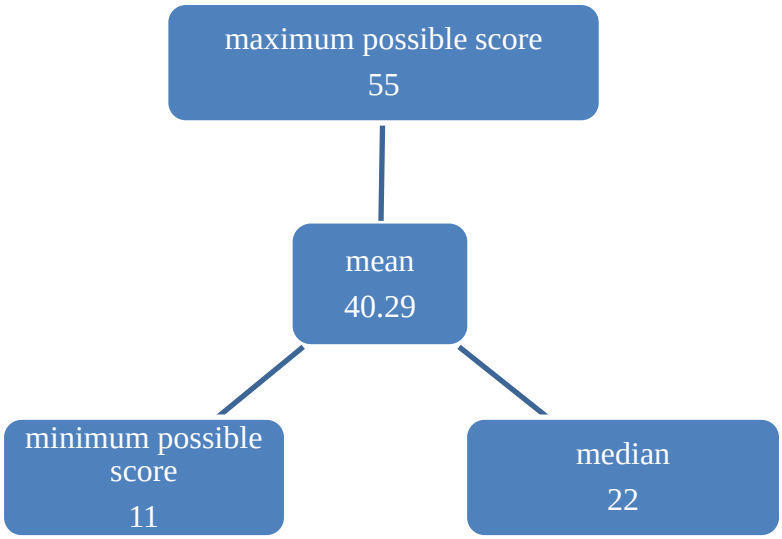
Thus, the gaps from the mean scores to the highest scores are reaching the area which needs to be improved to have more positive attitude.

Table 7 Descriptive Statistics of the Scores of Player's Attitude towards Nutrition

Variable	Number of items	N	Mean	SD	Minimum Possible Score	Maximum possible score
Attitude	11	52	40.29	12.26	11	55

As we can see from the above table, the mean of players' attitude towards nutrition is 40.29 and the standard deviation is 12.26.

Figure 2 Diagrammatical Representation of Player's Attitude towards Nutrition



Based on the figure above the gaps from the mean scores to the highest scores is the area which requires improvement to have less positive attitude.

Relationships among Variable

Identifying the correlation among players interest, attitude, age, and years playing in the club towards nutrition of players by using Pearson's product movement correlation.

Table 4 Correlations among Players Interest, Attitude Age and Years Playing in the Club

Summary Item Statistics

	Mean	Minimum	Maximum	Range	Maximum / Minimum	Variance	N of Items
Inter-Item Correlations	0.090	-.343	.619	0.962	-1.803	0.029	27

*correlation is significant at 0.05 levels

As we can see the above table, player's nutritional interest has a positive correlation with their attitude towards nutrition. The correlation between them was statistically significant.

The other correlation result in table 8 is interest with player's age has a negative and weak correlation with their nutrition. But the correlation between them was not statistically significant.

The other correlation result in table 8 is interest with players playing experience has a negative and weak correlation with their interest towards nutrition. The result of correlation between attitude with player's age and correlation between attitudes with player's experience of playing shows weak positive correlation.

The last correlation result is player's age with player's experience of playing, and it shows week negative correlation.

Results of Independent sample test (T- test. two groups)

In this section comparison was made between players who have cultural influence and have no influence and players who have fasting habit and player that do not have fasting habit in regard to its own nutritional interest and attitude towards nutrition. To check these in dependent sample t-test were computed and the results are presented in the following tables.

Table 9 Data and Result of Independent Sample T-Test on Players Interest towards Nutrition between Players Who Have Cultural Influence and Those Who Don't Have Cultural Influence

Having cultural influence in interest	N	Mean	Std.D	T	Df	Sig
Yes	7	1	0.000	39.03	51	0.000
No	45	1.87	0.345			

Significant at 0.05 level, of tailed

As we can see the result in table 9 the mean difference between players who have cultural influence in its nutritional interest and those who does not have cultural influence in their own nutritional interest is no statistically significant.

Table 10 Data and Result of Independent Sample T-Test on Players Attitude towards Nutrition between Players Who Have Cultural Influence and Those Who Don't Have Cultural Influence

Having cultural influence in interest	N	Mean	Std.D	T	Df	Sig
Yes	40	1.00	0.00	20	51	0.000
No	12	1.23	0.425			

Significant at 0.05 level of tailed

As we can see the result in table 10 the mean difference between players who have cultural influence in its nutritional attitude and those who have no cultural influence is no statistically significant.

Table 5 Data and Result of Independent Sample T-Test on Players Interest towards Nutrition between Players Having Habits of Fasting In Fasting Season and Those Who Have Not Habits of Fasting

Fasting habit interest	N	Mean	SD	T	Df	Sig
Yes	24	1.00	0.00	21.32	51	0.00
No	28	1.54	0.503			

Significant of 0.05 level 2 tailed

As we can see the result in table 11, the difference between players who have habits of fasting and those who have no habits of fasting in nutritional interest is no statistically significant.

Table 6 Data and Result of Independent Sample T-Test on Player's Attitude towards Nutrition between Players Having Habits of Fasting in Fasting Season and Those Who Have Not Habits of Fasting

Fasting habit in attitude	N	Mean	SD	T	Df	Sig
Yes	36	1.00	0.005	19.46	51	0.00
No	16	1.31	0.030			

Statistically significant at 0.05 level

As the result shows in table 12 the difference between players who have habits of fasting and those who have no habits of fasting in nutritional attitude is no statistically significant

Table 7 Mean and Standard Deviation of the Scores of Players Interest towards In Its Nutrition Attitude in Age Categories

Age categories			Interest	
Group	Range of age in years	Number of players	Mean	SD
1	<20	30	60	0.00
2	21-25	18	36	0.00
3	26-30	4	8	0.00

As we can see the result in table 13 players in one group holds the highest mean interests while those in second group holds the median mean interest. The first group and the second

group mean result is higher than the third group. From this we can understand that an increment in player's age does show an increment in their interest of players towards nutrition

Table 8 Result of the One Way Analysis Of Variance of Players Interest in Different Groups of Age Categories towards Players Nutrition

ANOVA

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1.912	3	0.637	1.617	0.198
Within Groups	18.915	48	0.394		
Total	20.827	51			

Not significant al 0.05 level

In this table interest is taken as dependent variable and player's age is taken as independent variable. There is no significant mean difference in their interest towards nutrition.

Interest attitude of players towards nutrition is (F) = 1.617, p=.198

Table 15 Mean and Standard Deviation of the Scores of Player's Attitude in Nutrition in Age Categories

Age categories			attitude	
Group	Range of age in years	N	Mean	SD
1	<20(18-20)	30	30.16	8.05
2	21-25	18	14.725	5.712
3	26-30	4	4.42	1.091

As we can see the result in table 15 the general trend of the group is consistent that means the first group has greater mean attitude than the second ,the second group has greater mean attitude than the third group From this we can understand that an increment in players age show constant increment in players attitude towards nutrition.

Table 9 Result of the One Way Analysis of Variance of Player's Attitude in Different Groups of Age Categories towards Player's Nutrition Attitude ANOVA

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	2.463	4	0.616	1.576	0.196
Within Groups	18.364	47	0.391		
Total	20.827	51			

In this table attitude is taken as dependent variable and players' age is taken as independent variable. There is no significant mean deference in their attitude toward nutrition.

Attitude of players towards nutrition a is (F) =1 .576, p .196)

Descriptive Data of Players in Different Groups of Playing Positions

Based on their playing position players were grouped in to four groups. Based on this criterion 6 players are goal keepers, 13 defensive players, 18 midfield players and 5 players are attackers. The descriptive data of the four groups are presented in table 17 below.

Table 17 Mean and Standard Deviation of the Scores on Player's Interest towards Nutrition in Different Playing Position

Playing Position			Interest	
Group	Playing position	N	Mean	SD
1	goal keeper	6	8.6	1.852
2	Defensive player	13	17.45	4.233
3	Midfield player	18	25.53	5.12
4	Attacking player	15	21.85	4.171

As table 17 shows Midfield players have high mean interest result than the other and goal keeper players have low mean interest result than Attacking player, defensive and attacking players.

Table 10 Result of the One Way Analysis of Variance of Players Interest in Different Groups of Playing Position towards Nutrition, ANOVA

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	0.929	3	0.310	0.747	0.529
Within Groups	19.897	48	0.415		
Total	20.827	51			

Significant at 0.05 levels

As the one way analysis of variance in table 18 above which takes interest as dependent variable and players playing position as the independent variable found a significant mean difference in their nutritional interest (F-)= .747, p=.529.

Table 11 Mean and Standard Deviation of the Scores on Player's Attitude towards Nutrition

Playing Position			Interest	
Group	Playing position	Number of players	Mean	SD
1	goal keeper	6	6.46	1.712
2	Defensive player	13	15.31	3.58
3	Midfield player	18	18.56	6.23
4	Attacking player	15	16. 9	5.53

Table 19 shows players mean result on player's attitude towards nutrition. As the data shows mid field have high (positive) nutritional attitude towards the listed recommend nutrition and goal keeper players show low attitude towards nutrition.

Table 12 Result of One Way Analysis Of Variance of Players Attitude in Difference Playing Position Group towards Nutrition Total Attitude, ANOVA

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	0.929	3	0.310	0.747	0.529
Within Groups	19.897	48	0.415		
Total	20.827	51			

Not significant at 0.05 level

As the one way analysis of variance in table 20 above which take attitude as dependent variable and players playing position as the independent variable, found no significant mean difference in their attitude (F)=0.747, p=0.529 towards nutrition.

Table 21 Demographic Characteristics of the Respondents' (Coaches) Variables

Age	26-30	3	50%
	31-35	2	33.3%
	36-40	1	16.7%
	Total	6	
Educational level	10 or 12 complete	2	33.3%
	Diploma	3	50%
	Degree and above	1	16.7%
Coaching level	Level 1 Level c FIFA level	4 1 1	66.6% 16.7% 16.7%
	Total	6	

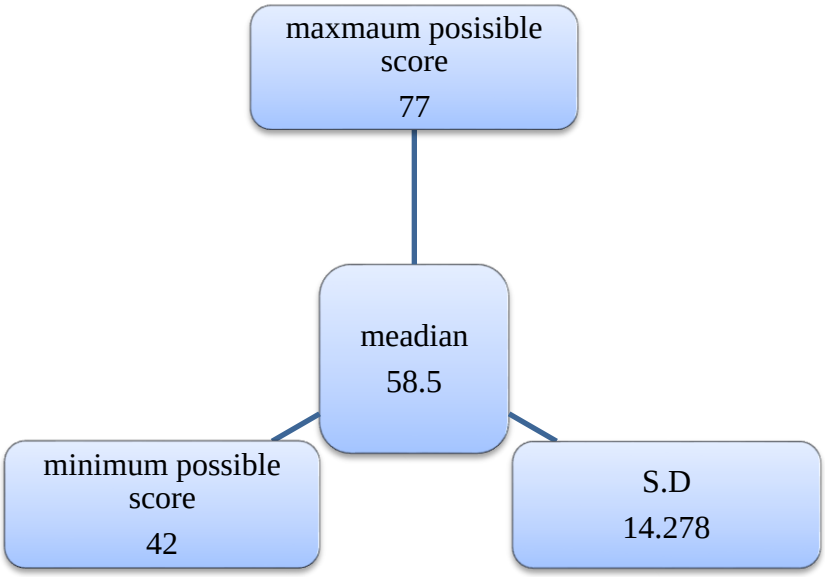
As we can see from table 21 the total number of coach participants for this study is six (6) when we see their age 3(50%) are in the age range of 26-30 years and 2(33.3%) are in the age range of 31-35 years the rest 1(16.7%) are in the range of 36-40. When we see their educational levels there are 2(33.3%) complete 10 or 12 and 3(50%) Diploma holders the rest 1(16.7%) degree holders when we see their coaching level 4(66.6%) Have level 1 coaching license, 1(16.7%) are second levelly of coaches and the rest 1(16.7%) FIFA coaches.

Table 22 Descriptive Statistics of the Scores of Coaches Recommendation towards Players Nutrition Interest

Variable	No of items	N	Mean	SD	Minimum possible score	Maximum possible score
Interest	16	6	58. 51	14.278	42	77

As we can see from the above table the mean coach recommendation towards player's nutritional interest is 58.51 and the standard deviation is 14.278.

Figure 3 Diagrammatical Representation of Coaches Recommendation towards Players Nutritional Interest



Relationships among Variables

Table 13 identifying the correlation among coaches age, educational level and coaching level towards recommendation to player's nutritional interest.

Variables	Age	education level	coaches level
Age	1.000	.632	.983
education level	.632	1.000	.680
coaches level	.983	.680	1.000

As we can see the above table 23 coaches' age, educational level and coaching levels has a negative and weak correlation with their recommendation towards player's interest of nutrients. But the correlation between them was not statistically significant. The other correlation result in table 19 shows age of coaches is positively related with educational level and age of coaches has a positive and strong correlation with Coaching level. (r.680, N=4,p=0.137 2-tailed) and the correlation between them was statistically significant and the last correlation in table 23 is the relationship between educational level and coaching level, as the result coaches educational level has a positive and strong correlation with their coaching level (r=1.00, N=4, p=.000, 2 - tailed).

5. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. Summary

The objectives of this study were to investigate the knowledge interest and attitude of wolitta dichas football team players. Based on this general objectives

The majority of players 58% are in the range of 18-20 years. But the study shows that 34% of players playing position were midfielders. And also experiences (habits) in fasting during fasting season 54% of players have not fasting habits and 46% of players have habits of fasting in fasting season. The majority of respondents reveled in sport nutrition sporting plans were very important for knowledge, interest and attitudes for football players. 94% of respondents disagreed with drinking alcohol on this issue alcohol affects footballer performances in addition 79% of respondents replied that they have access to nutritional counseling on the other hand 71% of respondents replied they have actively seek out or read nutritional information therefore. Footballers must be give great attention to develop good habits of water intake before, during and after training in addition the whole day, which contributes to develop good performance by increasing excise performance.

Footballers must give great attention to proper dietary and fluid intake in quality and quality before ,during and after training to enhance exercise as well as athletic performance.Majority of footballers didn'tappreciate and followthe scientific and suitabl e nutritin practice strategy ofdietary intake to ensure nutrient requirements of the body wi th appropriatetime before, duringand after the training or competition. The study shows that 50% of age range of coaches are 26-30 and 33.3% of coaches complete 10 or 12 grade education level, in addition 66.6% of coaches coaching level one.

The correlation result shows there was very strong and positive correlation between player's interest and attitude, and the correlation between them is not statically significant. The other result of this study was the independent sample t-test result which indicates that there was no significant difference between players having cultural influence and those have no influence, and between players who have fasting habits and those have no fasting habits towards nutrition. The study shows that the player's interest towards nutrition was 64.62 mean score. The study shows that the player's attitudes towards nutrition were 40.29 in mean score. But

there was weak positive correlation between players in different age category with attitude towards nutrition but there was no significant difference.

5.2. Conclusion

Based on the findings of the study the following conclusions were drown:

- The majority of respondents reveled in sport nutrition sporting plans were very important for knowledge, interest and attitudes for football players.
- Drinking alcohol affects the footballer's performances, so that the coacher and football club administrators keep or manage their players from alcohol abuse. .
- Wolaitta Dicha football Team players had nutritional interest and attitude which leans towards positive direction. However, much more remains to be improved
- The ages of players were weak positive correlated with in the nutritional attitude. But the correlation between them was not statistically significant
- There was no statistically significant mean difference between players who have fasting habits and those who have no fasting habit in its nutritional interest and attitude. Thus there is no fasting influence in players' nutritional interests and attitude.
- There was difference in players' nutritional attitude in different age group but the difference is not statistically significant.
- There was no statistically significant mean difference between players with different playing position on their nutrition interest and attitude. But mid field players have low nutritional interest and attitude
- The study shows that the player's interest towards nutrition was 64.62 mean score. One can it conclude that the players interests towards nitration were strongly positive.
- The study shows that the player's attitudes towards nutrition were 40.29 in mean score. One can it conclude that the player's attitudes towards nitration were less positive.
- Further studies should be conducted to examine player's nutritional knowledge, interest and attitude towards sport nutrition.

5.3. Recommendations

Based on the results of the study and conclusion made the following recommendations are suggested:

- The minimum experiences of the club players have the interest and attitudes have habits of fasting in fasting season. However the club administrators should keep the balance of feeding.
- The club administrators and coaches should plan for sporting nutrition.
- Footballers should give great attention to develop good habits of water intake before, during and after training.
- Footballers should give grate attention to proper dietary and fluid intake in quality and quality before, during and after training to enhance exercise as well as athletic performance. .
- The club administrators should arrange training program for players concerned on scientific nutritional program by food nutritionist (Dieticians).
- Players should avoid negative attitudes towards nutrition
- The club administrators should recruit nutritionist for the club.

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APPENDICES

Appendix – A

Questionnaire to be Filed By Wolaitta Dicha Football Player

Dear Players

The purpose of this interview questions is to gather information about the knowledge, interest and attitude of Wolaitta Dicha players.

All information collected from you will be confidential. Your genuine and accurate responses can contribute a lot to the success of the research. So I kindly request you to respond all questions honestly. Thank you in advance for your cooperation.

Questioners on Nutritional knowledge

General Direction:-

1. No need of writing your name
2. Fill in the blanks and circle that you choose from the alternative

Part I Demographic in formation

1. Name of the club_____
2. Age _____
3. Position of playing _____
4. How many years have you played in the club _____
5. Do you have cultural influence in your diet?
   A. Yes B. No
6. Do you fast in fasting season
   Yes B. No

Part II

1. How important do you consider sports nutrition to be in your sporting plans?

- ☐ Very important
- ☐ Slightly important
- ☐ Not important at all
- ☐ Not very important

2. Do you believe that specific sports nutrition strategies could improve your performance?

- ☐ Yes, definitely
- ☐ Maybe
- ☐ No, probably not

3. Do have a nutritional plan that you use for training?

- ◯ Yes
- ◯ No

4 . Do you drink alcohol?

◯ Yes, ◯ No

5. Do you have access to nutritional counseling? Yes____ No_____ I don't know_____

6. Do you actively seek out or read nutritional information?

Yes____ No _____ I don't know___

7. Do you read the nutrition facts label when selecting a food item to eat?

Yes ___No_____ I don't know what a nutrition facts label is_____

8. What kind foods do you eat most frequently in your daily meals and snacks?

A. Carbohydrate B. Protein C. Fats D. Any other

9. How often do you drink water during training that lasts more than 90 minutes?

A. always B. sometimes C. rarely

10. Do you think an adequate dietary intake in terms of quantity and quality before, during and after training or competition significantly influences athletic performance?

A. Yes B. No C. uncertain

11. Do you appreciate and follow scientific and suitable nutritional practice strategies of dietary intake to ensure proper amount, kinds of food and fluid with appropriate time before, during and after training or competition?

A. Yes B. No C. uncertain

12 .What kind of foods do you select eat most often immediately after heavy exercise sessions of training? A. High index carbohydrate B. Low carbohydrate C. Protein D. Fat

Appendix- B

Questionnaire Filled By Wolaitta Dichcha Football Player

Dear Players

The purpose of this study is to examine knowledge, interest and attitude of foot ball players towards Sport nutrition. Your participation in this research is on voluntary bases.

It does not affect you personally and the response was kept in absolute confidentiality. Your response was used only to this research purpose. To maintain anonymity you are not required to write your name. The success of this study is highly dependent on your genuine and timely response. Therefore your honest and responsible cooperation in filling the questionnaire is highly indispensable. You have to read and follow the instructions given for the questionnaires carefully.

I forward my sincere thanks for your cooperation.

GENERAL DIRECTION:-

1. No need of writing your name
2. Fill in the blanks and circle that you choose from the alternative

Part I Put an "X" Mark on the Given Space That Best Describes Your Interest towards

Food Items

No	Food items	I like very much	I like	I do not mind	I dislike	Strongly dislike
1	Kitfo					
2	Kekele					
3	Tibse					
4	Row meat					
5	Doro					
6	Pasta					
7	Yogurt					
8	Cheese					
9	Cereals					
10	Vegetable					

11	Fruits					
12	Bread					
13	Rice					
14	Egg					
15	Fish					
16	Milk					

Part II Put An “X” Mark on the Given Space that Best Describes your Agreement or Disagreement with the Statement

No	Items/attitudes statement	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
1	Player must eat five times a day					
2	Players should not eat lot of sweet					
3	Fluids should be replaced before, during after exercise					
4	Food influence performance level					
5	Pre and during training carbohydrate rich foods are advisable					
6	To what degree do you know pre event meal should be eaten about 3-4 hours before competition					
7	Rely on thirst to ensure fluid replacement during and after competition is important.					
8	Carbohydrate food a make fat					
9	After competition drinking alcohol is important					
10	players are advised to eat fat reach foods					
11	For players protein are more important than carbohydrate					

If you have any comment on your Nutritional attitude write on the space Provided:_____

_____

Thank You

Appendix -C

Questions to be answered by the Coaches

Dear Coaches

The purpose of this interview questions is to gather information about the knowledge, interest and attitude of Wolaitta Dicha club footballers.

All information collected from you will be confidential. Your genuine and accurate responses can contribute a lot to the success of the research. So I kindly request you to respond all questions honestly. Thank you in advance for your cooperation.

GENERAL DIRECTION

1. No need of writing your name
2. Put " • " sign in the box

PART ONE PERSONAL BACKGROUND

Sex: - Male ☐ Female ☐

Age 20-25 Years ☐ 26-30 Years ☐ 31-35 Years ☐

36-40 Years ☐ above 40 Years ☐

Educational level:- 10 or 12 complete ☐ certificate ☐ diploma degree and above ☐

Coaching qualification level one ☐ level two ☐ C level ☐ ☐

FIFA coach ☐ Level ☐ none ☐

Part Two

The Following Table is About Food Items which are Common in Ethiopian Players, How Do You Recommend Them for Your Players. Put "X" Mark on the Given Space that Describes your Interest with the Food Items.

No	Food items	I recommend strongly	I recommend	I do not mind	I do not recommend	Strongly do not recommend
1	Kitfo					
2	Kekele					
3	Tibse					
4	Row meat					
5	Doro					
6	Pasta					
7	Yogurt					
8	Cheese					
9	Cereals					
10	Vegetable					
11	Fruits					
12	Bread					
13	Rice					
14	Egg					
15	Fish					
16	Milk					

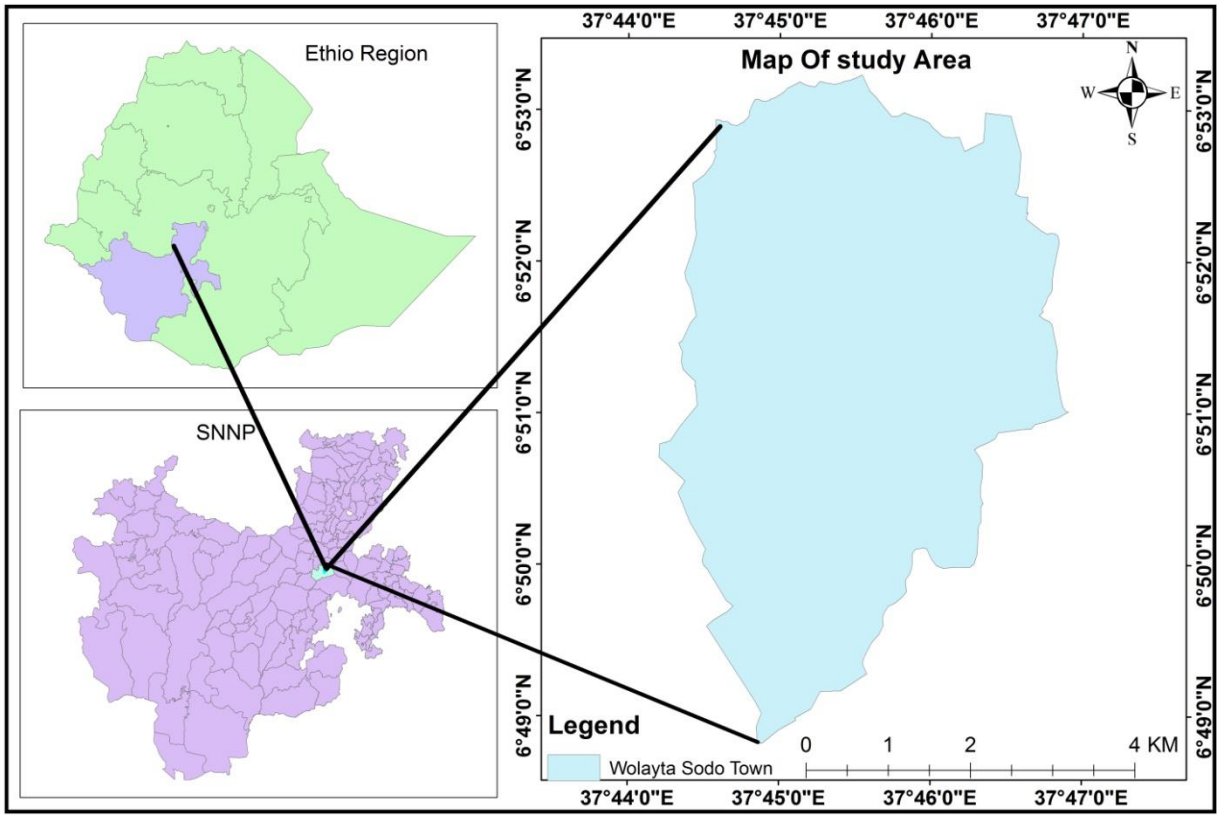
Source: support @ green field system.com:

Community and recreational center at boyce mayview park

Appendix- D

LIST OF FIGERS IN THE APPENDIX

Figur 1: Map of the study site



Source: Ethio GIS Haramaya University (2018).