

## NUTRITION SCREENING FORM FOR COLLEGIATE ATHLETES

1. Name: \_\_\_\_\_
2. Sport: \_\_\_\_\_ 3. Position: \_\_\_\_\_
4. Age: \_\_\_\_\_ years 5. Gender: \_\_\_ Male \_\_\_ Female
6. Which one of the following best describes your ethnic background? (  )
  - a. \_\_\_ White/Caucasian
  - b. \_\_\_ Black/African-American
  - c. \_\_\_ Hispanic
  - d. \_\_\_ Asian or Pacific Islander
  - e. \_\_\_ Other; specify \_\_\_\_\_
7. What year in college are you? (Check one.)
  - a. \_\_\_ Freshman
  - b. \_\_\_ Sophomore
  - c. \_\_\_ Junior
  - d. \_\_\_ Senior
  - e. \_\_\_ 5th year senior
8. How would you describe your eating habits? (Check one.)
  - a. \_\_\_ Good
  - b. \_\_\_ Fair
  - c. \_\_\_ Poor
9. How many times a day do you eat? \_\_\_\_\_
10. How often do you eat out? \_\_\_\_\_ (number of times per week)
11. When you go out to eat, what are the three most common places you go?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
12. Do you avoid any of the following foods? (Check all that apply.)
  - a. \_\_\_ Red meat
  - b. \_\_\_ Poultry (chicken, turkey)
  - c. \_\_\_ Fish
  - d. \_\_\_ Dairy (milk, cheese)
  - e. \_\_\_ Vegetables
  - f. \_\_\_ Fruits
  - g. \_\_\_ Fried foods
  - h. \_\_\_ Breads
  - i. \_\_\_ Grains (pasta, rice)
  - j. \_\_\_ Fast foods
  - k. \_\_\_ Sweets (candy, desserts)
  - l. \_\_\_ Alcohol
  - m. \_\_\_ Fats/oils  
(mayo, salad dressing, butter)
13. Do you currently take any dietary supplements? \_\_\_ Yes \_\_\_ No  
If yes, which ones? (Check all that apply.)
  - a. \_\_\_ Creatine
  - b. \_\_\_ Protein shakes
  - c. \_\_\_ Amino acids
  - d. \_\_\_ HMB
  - e. \_\_\_ Vitamins
  - f. \_\_\_ Minerals
  - g. \_\_\_ Herbs
  - h. \_\_\_ "Andro"/DHEA
  - i. \_\_\_ Pyruvate
  - j. \_\_\_ Energy boosters  
(eg, Ephedra, Ma Huang)
  - k. \_\_\_ Other; specify \_\_\_\_\_

14. Do you know which dietary supplements are banned or restricted by the NCAA?  Yes  No
15. In a typical workout, about how many cups of water, juice, sports drink, or noncaffeinated beverages do you drink before or during exercise? (Check one.)
- a.  None                                      c.  3-5 cups  
 b.  1-2 cups                                      d.  More than 5 cups
16. Overall, how satisfied are you with the physical appearance of your body? (Check one.)
- a.  Very satisfied                                      c.  Somewhat dissatisfied  
 b.  Somewhat satisfied                                      d.  Very dissatisfied
17. How easy or difficult is it for you to maintain your in-season weight? (Check one.)
- a.  Very easy                                      c.  Somewhat difficult  
 b.  Somewhat easy                                      d.  Very difficult
18. Do you have any personal goals for body composition?  Yes  No  
 If yes, which ones? (Check all that apply.)
- a.  Gain lean mass/weight gain  
 b.  Decrease body fat  
 c.  Lose weight  
 d.  Maintain current body composition  
 e.  None
19. Do you use the nutrient analysis cards that are posted on the training table to help you make food selections?
- a.  Yes  
 b.  No  
 c.  Freshman, have not eaten on campus  
 d.  Do not regularly eat at the training table
20. Do you read the table tents that are placed on the dining tables?
- a.  Yes  
 b.  No  
 c.  Freshman, have not eaten on campus  
 d.  Do not regularly eat at the training table
21. Please indicate the topics you would like to learn about by checking "Yes." If you are not interested in learning about a topic, mark "No."
- |                                            |                              |                             |
|--------------------------------------------|------------------------------|-----------------------------|
| a. Nutrition programs for peak performance | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b. Weight control                          | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c. Weight gain                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d. Eating disorder counseling              | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e. Exercise and fitness programs           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| f. Grocery store tour                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| g. Cooking demonstrations/meal preparation | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| h. Tips on eating out                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Please indicate whether you agree or disagree with the following statements by placing a check (✓) in the appropriate column.

	Agree	Disagree	Don't Know
22. Carbohydrates and fats are the main source of energy for muscles.			
23. Protein is the primary source of energy for muscles.			
24. Sweets should not be eaten prior to an athletic event.			
25. Fluids should be replaced before, during, and after athletic events.			
26. Sports drinks are better than water for replacing fluid losses.			
27. Protein supplements are needed in addition to diet for muscle growth and development.			
28. Eating carbohydrates makes you fat.			
29. Meals high in fat should be consumed 2 to 3 hours before training or competition.			
30. Athletes can rely on thirst to ensure fluid replacement during and after competition.			
31. Dehydration decreases athletic performance.			
32. Vitamin and mineral supplements increase energy level.			

Used with permission of the Georgia Tech Athletic Association.