NUTRITION SCREENING FORM FOR COLLEGIATE ATHLETES

1. Name: ___________________________________________


4. Age: _____ years  5. Gender: ___ Male ___ Female

6. Which one of the following best describes your ethnic background? (Response optional)
   a. ___ White/Caucasian  c. ___ Hispanic  e. ___ Other; specify
   b. ___ Black/African-American  d. ___ Asian or Pacific Islander

7. What year in college are you? (Check one.)
   a. ___ Freshman  c. ___ Junior  e. ___ 5th year senior
   b. ___ Sophomore  d. ___ 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  f. ___ Fruits  k. ___ Sweets (candy, desserts)
   b. ___ Poultry (chicken, turkey)  g. ___ Fried foods  l. ___ Alcohol
   c. ___ Fish  h. ___ Breads  m. ___ Fats/oils
   d. ___ Dairy (milk, cheese)  i. ___ Grains (pasta, rice)  (mayo, salad dressing, butter)
   e. ___ Vegetables  j. ___ Fast foods

13. Do you currently take any dietary supplements? ___ Yes  ___ No
    If yes, which ones? (Check all that apply.)
    a. ___ Creatine  e. ___ Vitamins  i. ___ Pyruvate
    b. ___ Protein shakes  f. ___ Minerals  j. ___ Energy boosters
    c. ___ Amino acids  g. ___ Herbs  (eg, Ephedra, Ma Huang)
    d. ___ HMB  h. ___ "Andro"/DHEA  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  ___Yes  ___No
   b. Weight control  ___Yes  ___No
   c. Weight gain  ___Yes  ___No
   d. Eating disorder counseling  ___Yes  ___No
   e. Exercise and fitness programs  ___Yes  ___No
   f. Grocery store tour  ___Yes  ___No
   g. Cooking demonstrations/meal preparation  ___Yes  ___No
   h. Tips on eating out  ___Yes  ___No
Please indicate whether you agree or disagree with the following statements by placing a check (√) in the appropriate column.

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