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? (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
    - b. ____1-2 cups
    - c. ____3-5 cups
    - d. ____More than 5 cups

16. Overall, how satisfied are you with the physical appearance of your body? **(Check one.)**
    - a. ____Very satisfied
    - b. ____Somewhat satisfied
    - c. ____Somewhat dissatisfied
    - d. ____Very dissatisfied

17. How easy or difficult is it for you to maintain your in-season weight? **(Check one.)**
    - a. ____Very easy
    - b. ____Somewhat easy
    - c. ____Somewhat difficult
    - 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."

	Yes	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.

	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.			