Couch Sports Nutrition Questionnaire

This questionnaire is double-sided and consists of 2 parts.
PART 1

1. How long have you been coaching?
   a. Less than 2 years
   b. Between 2-5 years
   c. Between 5-10 years
   d. Longer than 10 years

2. Your age is
   a. Under 29 years
   b. 30-39 years
   c. 40-49 years
   d. Over 50 years

3. What is the highest qualification that you possess?
   a. High school
   b. Diploma
   c. Degree / university papers
   d. Post-graduate study

4. A. Do you give nutrition advice to your players?
   a. No
   b. Yes
   c. Don’t know / No response

4. B. If you have answered ‘No’ to question 4.A., please explain why you do not give nutrition advice.
   a. No time
   b. Not confident with your level of nutrition knowledge
   c. Do not view nutrition as an important issue for the players
   d. Someone else gives them nutrition advice
   e. Don’t know
   f. Not applicable
   g. Other

5. Does your nutrition advice include the following content? (Please tick as many options as necessary).
   a. Fluid intake
   b. Supplements
   c. Foods to eat before training / games
   d. Nutrients types
e. Weight loss / gain
f. Foods to eat after training / games
g. Other (please explain):
h. Not applicable

6. Do you believe that good nutrition practices by players can help improve their sports performance?
   a. No
   b. Yes
   c. Don’t know / No response

7. Do you believe that good nutrition practices by players can help prevent injury?
   a. No
   b. Yes
   c. Don’t know / No response

8. How would you rate your own knowledge of sports nutrition issues?
   a. Poor
   b. Average
   c. Good
   d. Excellent

9. How often would you read about sports nutrition issues?
   a. Never
   b. Weekly
   c. Monthly
   d. Six-monthly
   e. Other

10. Where do you source information about nutrition issues? (Please tick as many options as necessary).
    a. Do not source any information
    b. Internet
    c. Lecture / seminar / course:
    d. Sponsors: Please list names:
    e. Magazines: Please list names:
    f. Other:

11. Have you ever used an outside health / sports professional to give nutrition advice to your players?
12. Which of the following health / sports professionals have you used to give nutrition advice to your players? (Please tick as many options as necessary).
   a. Team Trainer
   b. Doctor
   c. Physiotherapist
   d. Personal Trainer
   e. Registered Dietitian / Nutritionist
   f. Other, please list:

13. Have you ever had formal nutrition training?
   a. No
   b. Yes
   c. Don’t know / No response

14. What was the length of this training?
   a. Less than 5 hours
   b. Between 5-15 hours
   c. Between 15 and 30 hours
   d. Longer than 30 hours
   e. Other, please list:

15. What was the training made up of? (Please tick as many options as necessary).
   a. Lectures
   b. Practical workshops
   c. Part of another course
   d. Distance learning course
   e. Other, please explain:

16. When did you undertake this training?
   a. Prior to 1999
   b. 2000-2004
   c. 2005-2009
   d. 2009-onwards
17. Have you had a nutrition update since then?
   a. No
   b. Yes
   c. Don’t know / No response

If ‘No’ please continue at question 19. If ‘Yes’, please proceed

18. When did you undertake this nutrition update?
   a. Prior to 1999
   b. 2000-2004
   c. 2005-2009
   d. 2009-onwards

19. What is the highest level that you have reached as trainer?
   a. Club level
   b. Representative
   c. National
   d. International

20. As a player, have you ever received nutrition advice?
   a. No
   b. Yes
   c. Don’t know / No response

21. Have you attended any coaching courses?
   a. No
   b. Yes

If ‘Yes’, please list course(s) attended AND the name of organization(s) that conducted the course:

Name of course(s):
Name of organization:

22. Did the course(s) include nutrition information?
   a. No
   b. Yes
   c. Don’t know / No response
**PART 2: Sports Nutrition Questionnaire**

**Nutrients**

1. Do you think these foods are high or low in carbohydrate? (Tick **one** answer per food).

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<thead>
<tr>
<th></th>
<th>High</th>
<th>Low</th>
<th>Unsure</th>
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</thead>
<tbody>
<tr>
<td>Chicken</td>
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<tr>
<td>White bread</td>
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<td>Butter</td>
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<tr>
<td>Cornflakes cereal</td>
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<td>Rice</td>
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2. Do you think these foods are high or low in protein? (Tick **one** answer per food)

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<th>High</th>
<th>Low</th>
<th>Unsure</th>
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<tbody>
<tr>
<td>Chicken</td>
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<td>Fruit</td>
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<td>Margarine</td>
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<td>Cornflakes cereal</td>
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<td>Peanuts</td>
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3. Do you think these foods are high or low in fat? (Tick **one** answer per food)

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<th></th>
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<th>Low</th>
<th>Unsure</th>
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<tbody>
<tr>
<td>Avocado</td>
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<tr>
<td>Pasta</td>
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<tr>
<td>Cheese</td>
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<td></td>
<td></td>
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<tr>
<td>Creamed rice</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Peanuts</td>
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<td></td>
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<tr>
<td>White bread</td>
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<td>Honey</td>
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4. Do you think these foods are high or low in saturated fat? (Tick **one** answer box per food).

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<th></th>
<th>High</th>
<th>Low</th>
<th>Unsure</th>
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<tbody>
<tr>
<td>Butter</td>
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<tr>
<td>Milk</td>
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</table>
5. **The following foods contain cholesterol. (Tick **one** box per food).**

<table>
<thead>
<tr>
<th>Food</th>
<th>True</th>
<th>False</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Meat</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Eggs</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
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6. **Would you agree or disagree with the following statements? (Choose one answer per statement).**

a. A high carbohydrate diet helps to reduce protein breakdown in the body.

<table>
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<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
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</thead>
</table>

b. Tannins in tea decrease the amount of iron absorbed from food.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

c. Spinach and silver beet are good sources of iron that is available to the body.

<table>
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<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

d. Vitamin C increases the amount of iron absorbed from food.

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<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

7. **Would you agree or disagree with the following statements? (Choose one answer per statement).**

a. There is more protein in a glass of whole milk than in a glass of non-fat milk.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

b. There is more calcium in a glass of whole milk than in a glass of non-fat milk.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

c. Calcium is easily obtained in the diet through green leafy vegetables.

<table>
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<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

d. If someone wanted to cut down on fat, but didn’t want to give up chips, choosing thick cut chips would be a better choice than thin cut chips.
8. In a two-hour intense training session, the optimum amount of fluid needed this session is:
   a. 1 X 750ml water bottle
   b. 2 X 750ml water bottles
   c. 3 X 750ml water bottles
   d. 4 X 750ml water bottles
   e. Unsure

9. The following drink is not a sports drink: (choose one answer only).
   a. Mizone
   b. Gatorade
   c. Replace
   d. Restore
   e. Unsure

10. The percentage of carbohydrate in a ‘sports drink’ should be: (choose one answer only).
    a. 4-8%
    b. 8-10%
    c. 10-15%
    d. 20-25%
    e. Unsure

11. Which is the most appropriate fluid to consume after a two-hour training session? (Click on one answer only).
    a. Fruit juice
    b. Sports drink
    c. Coke
    d. Water
    e. Unsure

12. Would you agree or disagree with the following statements? (Choose one answer only)
    a. Fluid loss of only 2% of body weight can reduce your performance by up to 20%.
       Agree    Disagree    Unsure
b. Weighing players before and after training would be a good way to determine each individual’s fluid requirements.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

c. The best advice to give a player about fluid during training session would be to drink when they are thirsty.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>

d. Fruit juice is a good fluid to have during a training session and at half time of a game.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
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</thead>
</table>

e. Energy drinks are good drinks to have 30 minutes leading up to exercise.

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<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
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</thead>
</table>

Recovery

13. The most important nutrient to replace after a one-hour run is: (choose one answer only).

   a. Carbohydrate
   b. Protein
   c. Fat
   d. Unsure

14. Which one of the following set of two snacks would you suggest that a player eat after training? (choose one answer for each question a-d)

   a. 4 slices white bread, 2 tsp nutella, OR
      1 packet hot chips
      Unsure

   b. 1 Chelsea Bun, OR
      2 sausage rolls
      Unsure

   c. 100g jellybeans, OR
      2 apples
      Unsure

   d. 2 low fat meat pies, OR
      1 X 440 g can cream rice
      Unsure
15. Click on one snack (per set of 2 snacks) which provides more carbohydrate. (Choose one answer for each question a-d).

a. 100g bag of marshmallows, OR
   100g bag of peanut M & M’s
   Unsure

b. ½ cup chopped dried dates, OR
   1 meat pie
   Unsure

c. 1 X 180g skinless chicken breast, OR
   2 slices white bread, 2 tsp marmite
   Unsure

d. 340 ml can of Coke, OR
   3 cups of green salad
   Unsure

16. The optimal time for a player who is training daily to eat after exercise is:
   a. Within 30 minutes
   b. Within 45 minutes
   c. Within one hour
   d. Between 2-3 hours
   e. Unsure

17. Which of these is the most accurate definition of the term “Glycaemic index”?
   a. The amount of carbohydrate a food contains
   b. The extent to which carbohydrate food raises blood sugar levels
   c. The extent to which protein food raises blood sugar levels
   d. The extent to which carbohydrate food raises blood pressure
   e. Unsure

**Weight gain**

18. Do you agree or disagree with the following statements? (Choose one answer per statement).
   a. For lean muscle mass gain to occur, protein is the most important nutrient to increase in the diet.
      Agree   Disagree   Unsure
b. Protein powder is an essential product to have if you want to increase lean muscle mass.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
</tr>
</thead>
</table>


c. If exercise is unchanged, it is possible for a player to put on weight if they have six glasses of fruit juice in addition to their normal food intake.

<table>
<thead>
<tr>
<th>Agree</th>
<th>Disagree</th>
<th>Unsure</th>
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</table>

19. A player is eating the following meal for dinner: 150g skinless chicken breast, 1 cup cooked rice and 2 cups vegetables (broccoli, carrots, cauliflower). If he kept the rest of his day’s diet the same and only altered his dinner meal, which option would be the preferred one to increase his lean body mass?

a. Eat 200g chicken.
b. Eat the chicken with the skin on.
c. Eat 2 cups rice and 180g skinless chicken.
d. Eat 4 cups vegetables.
e. Eat the same amount, but train harder at the gym.
f. Unsure

Weight loss

20. If a player was trying to lose weight and they had the following snacks to choose from for morning tea, which one of each of the following set of two snacks should they choose? (Choose one answer for each question a-f)

a. 4 salami sticks, OR
   1 piece fruit
   Unsure

b. 2 packets of chips, OR
   1 cereal bar
   Unsure

c. 1 small can creamed rice, Or
   1 large moro bar
   Unsure

d. 100g peanuts, OR
   1 chocolate milk
   Unsure
e. 1 yoghurt, OR
   1 croissant with salad
   Unsure

f. 1 chocolate dairy food, OR
   6 crackers with cheddar cheese
   Unsure

21. Do you agree or disagree with the following statements? (Choose one answer per statement).

If a player wanted to lose weight, they should:

a. Exchange 1 tsp of butter on sandwiches for 1 tsp of regular margarine.
   Agree  Disagree  Unsure

b. Eat more Cheddar cheese than Edam cheese.
   Agree  Disagree  Unsure

c. Eat less salami and more turkey breast.
   Agree  Disagree  Unsure

d. Stop eating pasta and rice after 4 pm.
   Agree  Disagree  Unsure

e. Exchange his yoghurt, muesli bar and fruit snacks for protein shakes.
   Agree  Disagree  Unsure

Supplements

22. Do you agree or disagree with the following statements? (Choose one answer per statement).

a. Creatine supplement would be most beneficial to a player wanting to increase peak power output.
   Agree  Disagree  Unsure

b. Creatine supplement has more of an effect when natural body stores are low.
   Agree  Disagree  Unsure
c. The performance-enhancing mechanism of creatine is that it aids to increase fat metabolism.

Agree  Disagree  Unsure

d. Creatine is most useful to those players wanting to increase fitness for endurance exercise.

Agree  Disagree  Unsure

23. Do you agree or disagree with the following statements? (Choose one answer per statement).

a. Multivitamin tablets should be taken by most athletes.

Agree  Disagree  Unsure

b. Iron tablets should be taken when a player feels extremely tired and is pale.

Agree  Disagree  Unsure

c. Vitamin C should be routinely supplemented by athletes.

Agree  Disagree  Unsure

d. B vitamins should be taken when feeling low in energy.

Agree  Disagree  Unsure

e. The main performance-enhancing effect of hydro-methyl butyrate (HMB) is that it helps to breakdown body fat during exercise.

Agree  Disagree  Unsure

f. Salt tablets should be used for players that get a cramp during exercise.

Agree  Disagree  Unsure

g. Appetite suppressants (i.e. thermogenic tablets) are recommended to be taken by athletes when weight loss is a goal.

Agree  Disagree  Unsure

Thank you for your time, it is very much appreciated.