

Investigation of Nutrition Habits and Body Mass Indexes of Coach and Sport Manager Candidates by Some Parameters

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ABSTRACT This paper aims at investigating nutrition habits and body mass indexes of Coach and Sport Manager Candidates. The sample of the research comprises of 69 females and 77 males in their freshman and senior years at the School of Physical Education and Sport of Istanbul University by some parameters. T-test, correlation and one-way ANOVA (variance) analyses were used to evaluate the data with p-value of 0.05. Nutrition Habits Index (NHI) was found 10.15 ± 3.73 and Body Mass Index (BMI) was found 22.09 ± 2.76 . As age increases, BMI increases as well. BMI mean values of males are significantly higher than females are ($p < 0.05$). The BMI mean values are significantly higher than those of freshman students are ($p < 0.05$). Therefore, it is inferred that although the students are trained for having regular physical exercise and nutrition habits, the level of education received is not sufficient for them to exhibit healthy nutrition behaviors.