



# **Knowledge and attitudes towards sports nutrition among Icelandic elite athletes and their coaches**

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# Main research questions

- What is the status of knowledge and attitudes towards sports nutrition among athletes and their coaches?
- What is the primary source of nutritional information for the athletes?
- Do the coaches provide nutritional information themselves for their athletes?





# Methods

- All healthy elite athletes 18 or older are eligible for the study, *elite* is defined in the context as:
  - *Athletes who have been chosen for the national team, chosen to prepare or participate in the nordic cup, european cup, world cup or the olympics in their sports category*
  - *Athletes belonging to the top division in their sports category*





# Methods

- Tools:
  - Nutrition for Sport Knowledge Questionnaire (NSKQ)
    - *Validated in Australia by Gina Trakman et al*
  - Nutrition knowledge questionnaire for young endurance athletes and their coaches
    - *Validated in Finland by Maria Heikkila et al*
- Electronic distribution via the Icelandic Sports Federation (ÍSí)





# Results

- Will be available in may
- The hope is that the results will:
  - Give us insight into the status of nutrition knowledge in Icelandic athletes compared to other countries
  - Further underpin the need for a nutritionist working with our athletes
  - Open doors to new positions within the Icelandic Sports Federation





**Thank you! 😊**



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