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05.12.01 Relationship Between Bone Mineral Density and Exercise Dependence in Female Runners

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One in three women over the age of 50 will suffer osteoporotic fractures and osteoporosis is estimated to affect over 200 million women worldwide (MedTerms, 2012). Several studies exist examining exercise dependence, however limited studies could be found on the correlation between bone mineral density and exercise dependence. The primary purpose of this study is to determine if a relationship exists between bone mineral density and exercise dependence in female runners. To determine the effect long-distance running and exercise dependence have on bone mineral density, participants will be asked to fill out a running experience survey, an exercise dependence scale, and have an iDXA bone scan. Determining the correlation between exercise dependence and bone mineral density in female runners could potentially impact recommendations and guidelines for exercise, nutrition, and other health habits among female athletes, recreational runners, and health seekers. This research study is in its early stages with participants being recruited at this time. The results of this study will be determined at the completion of the 2013 Spring semester.
Nutritional Knowledge Among Division I Collegiate Athletes

John Sellers, Andrew Hall, Bert Jacobson, Dalton Delaney, Natalya Nikitina-Helvey,

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Context: Basic nutrition knowledge provides the proper framework from which sound dietary choices can be made. The physical and mental strain endured by collegiate athletes increase their need for proper dietary intake in order to maximize their performance both on the field and in the classroom.

Objective: This study will determine the nutritional knowledge of Division I collegiate athletes through the use of a survey. This will help identify the extent of nutritional information among collegiate athletes as well as the sources currently being used to obtain their information. Participants: Division I student-athletes currently participating in a collegiate sport. Interventions: Student-athletes completed a 20 question survey containing question related to basic nutritional knowledge and current sources of nutrition information. Results: 58, 22, and 62% responded correctly when asked about the recommended percent of total calories from carbohydrates, fats, and protein, respectively. 92% of the athletes responded saying they received nutritional information from their strength and conditioning coach with 62% identifying their strength and conditioning coach as their sole source for nutritional information. Conclusion: Based on the responses, nutritional knowledge is not as strong as it needs to be within collegiate athletes. Greater emphasis should be placed on providing nutritional resources including, but not limited, to registered dieticians, lectures, and handouts.