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## A COMPARATIVE STUDY OF NUTRITIONAL AWARENESS BETWEEN PHYSICAL EDUCATION TEACHERS AND COACHES

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### ABSTRACT

The present study has been designed to investigate the nutritional awareness between physical education teachers and coaches of Haryana state. For accomplish the study total 40 samples (20 physical education teachers and 20 coaches) were selected through random sampling as subjects of this study. All the samples were selected from Haryana state only. For accomplish the study we use self prepared nutritional awareness questionnaire. SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results. The level of significance was set at 0.05. Hypothesis which was formulated earlier that **“There would be no significant difference in nutritional awareness between physical education teachers and coaches.”** was rejected. A significant different was observed in nutrition awareness between coaches and physical education teachers. Awareness related to nutrition is more in Physical education teachers in comparison of coaches.

**Key words: NUTRITIONAL AWARENESS, PHYSICAL EDUCATION TEACHER, COACH**

## **INTRODUCTION**

Nutrition, nourishment, or aliment, is the supply of materials - food - necessary for the survival of organisms and cells. Nutrition in science and medicine is the science or practice of eating and using food. With the development of molecular biology, biochemistry and genetics, nutrition has become more focused on metabolism and metabolic pathways - the biochemical stages by which the substances inside us are transformed from form to another. Nutrition also focuses on how to prevent or reduce disease, conditions and problems through healthy eating. Likewise, nutrition includes identifying how certain illnesses and conditions can be caused by dietary factors such as malnutrition, food allergies and food intolerances. Nutrition is the study of nutrients in food, how the body uses nutrients, and the relationship between nutrition, health and illness. Some nutritionists work in health facilities, some nutritionists work in the food industry, but a higher percentage of nutritionists work in the food industry and food science and technology, and a higher percentage of nutritionists work in health care health, corporate health, research and education.

## **OBJECTIVES OF THE STUDY**

- The main objective of the study is to compare the nutritional awareness between physical education teachers and coaches.

## **HYPOTHESIS OF THE STUDY**

- There would be no significant difference in nutritional awareness between physical education teachers and coaches.

## **RESEARCH PROCESS AND METHODOLOGY**

- The sample for the present study was 20 physical education teachers and 20 coaches were randomly selected as samples.
- All the samples were selected from Haryana state only.
- For measure the nutritional awareness a self prepared questionnaire was used I the study.

## **TOOLS AND TECHNIQUES**

A self prepared nutritional awareness questionnaire was used in the study. The nutritional awareness questionnaire requires participants to rate their liking of 56 nutrition related questions

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on a 5-point Likert scale, ranging from “strongly disagree” to “strongly agree.” Out of total 56 items, 43 items scored accordingly while 13 items scored reversely. Participants are instructed to select numbering i.e

**TABLE 3.3**

STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE
1	2	3	4	5

**STATISTICAL METHOD**

- The obtained data were analyzed by applying t test in order to determine the nutritional awareness between physical education teachers and coaches.
- The level of significance was set at 0.05.

**Table no. 1**

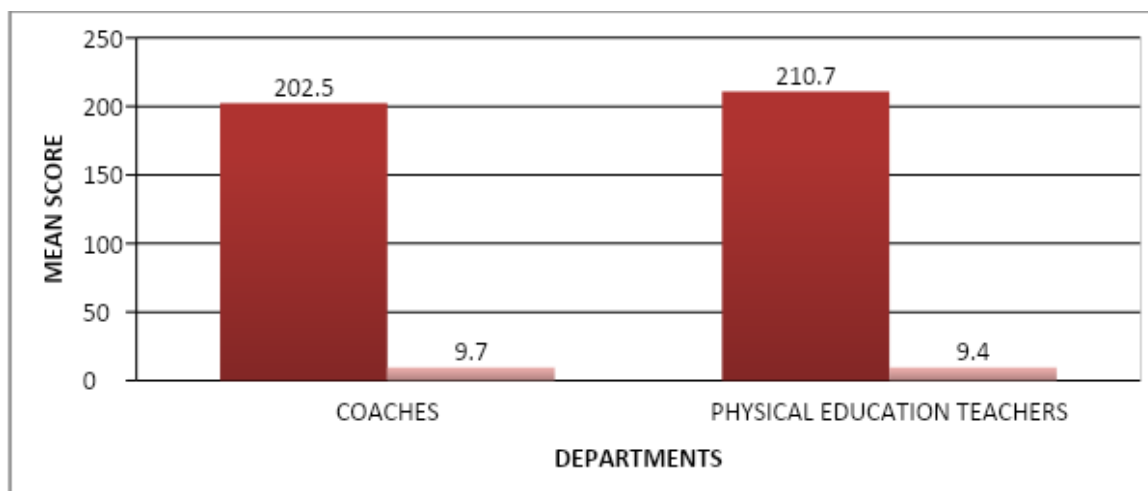
**MEAN DIFFERENCE BETWEEN COACHES AND PHYSICAL EDUCATION  
TEACHERS**

*(N = total numbers of players)*

1.	NUTRITIONAL AWARENESS	COACHES	20	202.50	9.70	8.20	38	2.71*
2.		PHYSICAL EDUCATION TEACHERS	20	210.70	9.40			

\* Significant at 0.05 level

Table 1. Shows mean and standard deviation of nutritional awareness between coaches and physical education teachers. Here we observed that mean and standard deviation of coaches were  $202.50 \pm 9.70$  and mean and standard deviation of physical education teacher were  $210.70 \pm 9.40$  in their nutrition awareness. Calculated value which is 2.71 is more than the tabulated value which is 2.02 which shows significantly difference. Mean score of physical education teacher is high in comparison of coaches mean score so physical education teachers are more aware regarding nutrition.



**Figure 1**

**MEAN DIFFERENCE BETWEEN DIFFERENT GAMES FEMALE PLAYERS**

**RESULTS OF THE STUDY**

Hypothesis which was formulated earlier that “**There would be no significant difference in nutritional awareness between physical education teachers and coaches.**” was rejected. A significant different was observed in nutrition awareness between coaches and physical education teachers. Awareness related to nutrition is more in Physical education teachers in comparison of coaches.

## REFERENCES

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