

# ***THE STUDENT ATHLETE BREAKFAST***

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Serial Cereal

Photo by Sushil Ghimire on Unsplash

# ***PURPOSE***

The purpose of this research study is to understand breakfast, specifically in terms of performance/fuel for student athletes (18-24) working out, practicing, and competing.

# *PROCESS*

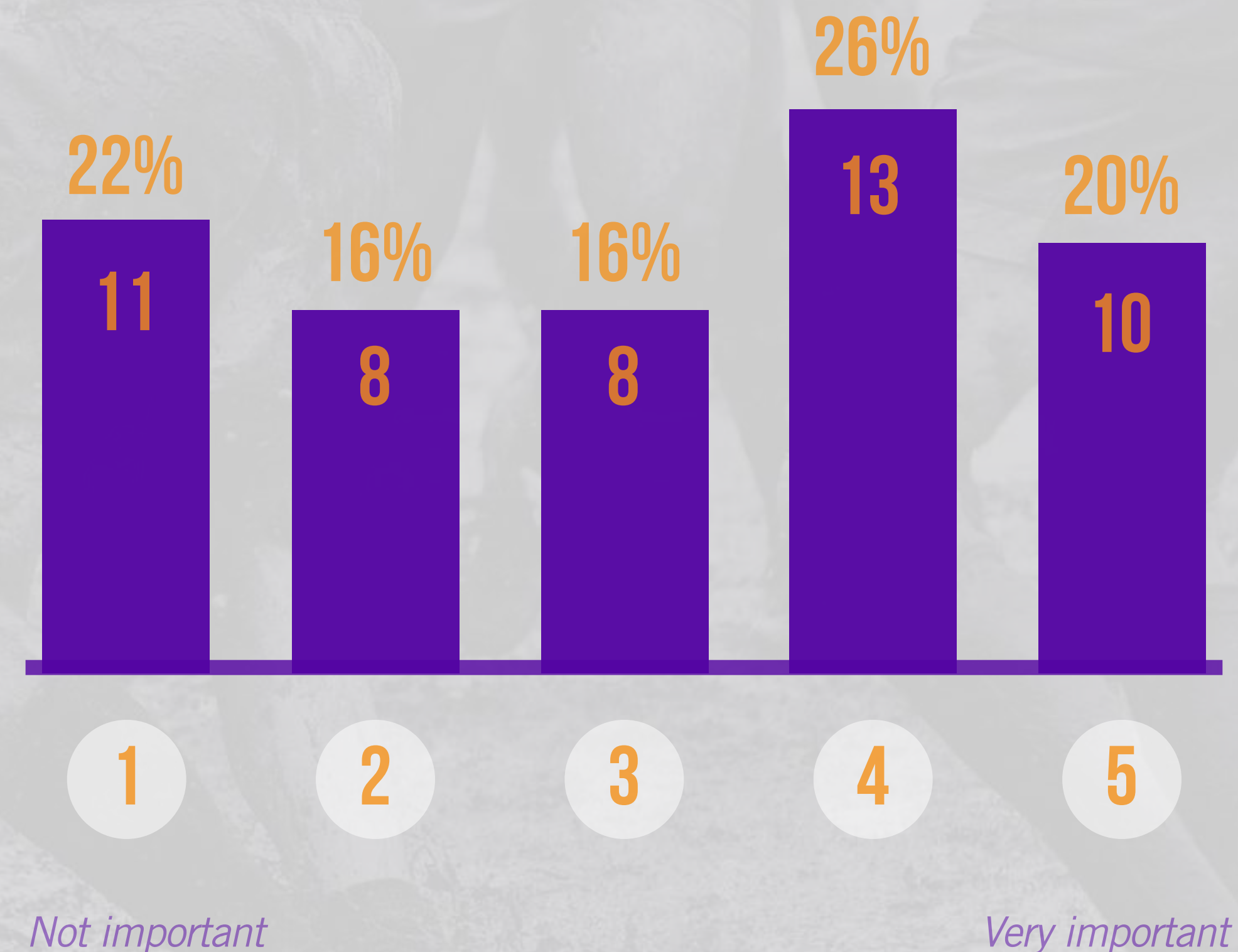
- 01** Secondary Research - online blogs, forums, etc.
- 02** Survey - reaching out to current and former student athletes
- 03** Interviews and Photo Studies - obtaining student athletes' views on breakfast
- 04** Coding - organising raw data and capturing insights
- 05** Two by Two Matrix - visually capturing our insights to make conclusions

# ***WHAT IS BREAKFAST?***

At this stage in research, we defined breakfast as the first meal of the day that happens in the morning before noon.

# HOW IMPORTANT IS BREAKFAST?

*(Before morning practice)*



INSIGHT I

***STUDENT ATHLETES WITH MORNING PRACTICE TEND TO EAT SNACKS RATHER THAN MEALS BEFORE PERFORMING.***

# *THE ATHLETE MENU*



## ***MORNING PRACTICE***



Pre-practice  
snack



Post-practice  
meal



Lunch meal



Daily snacks



Dinner meal



## MORNING PRACTICE

# ATHLETE BREAKFAST



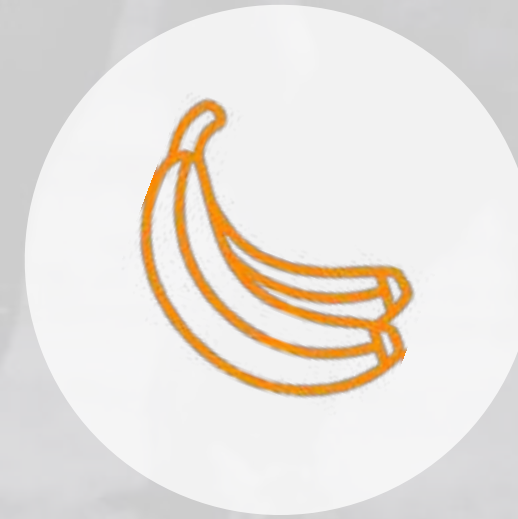
Pre-practice  
snack



Post-practice  
meal



Lunch meal



Daily snacks



Dinner meal

# *PRE-PRACTICE CHOICES*



Bar



Banana



Bagel

**MORNING PRACTICE**

*For athletes with morning practice, breakfast is...*

***A LIGHT PRE-PRACTICE SNACK  
AND A POST-PRACTICE MEAL***

## *Pre-practice Snack*



Oatmeal



Bagel and  
cream cheese

## *Post-practice Meal*



Egg, chicken,  
pepper burrito



Avocado toast  
and eggs

INSIGHT II

***ATHLETES LACK PROPER  
NUTRITION KNOWLEDGE TO  
UNDERSTAND THE  
SIGNIFICANCE OF  
BREAKFAST***

“

*We didn't really get any knowledge about nutrition; Our coach just gave us tips on basic nutrition. Lean clean eating.*

”

- Kelvin

# HOW DO ATHLETES VIEW BREAKFAST?

*\*based on 50 student athlete responses*

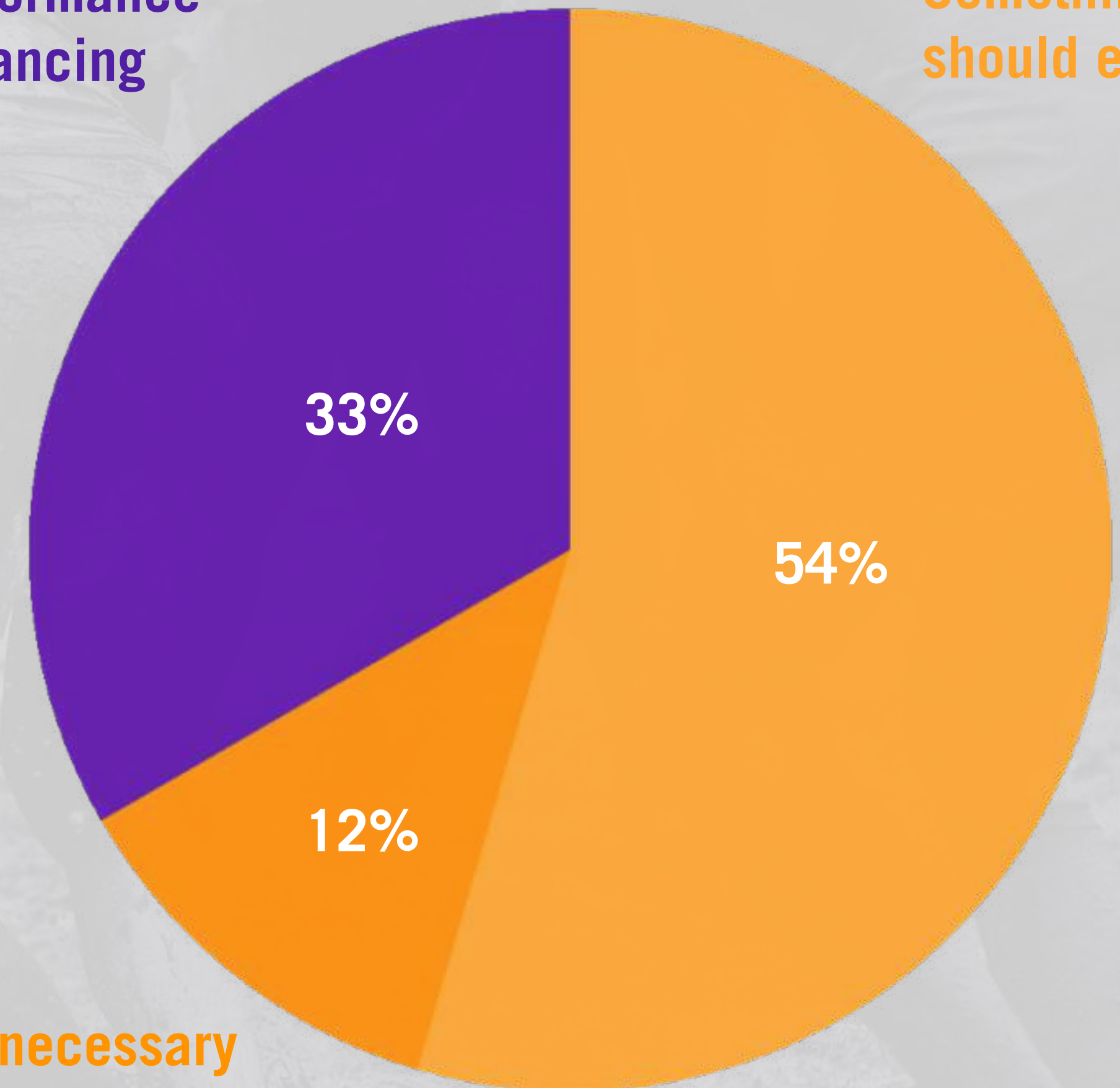
## THE FACTS.

The NCAA has many articles and documents explaining how breakfast is the most important meal of the day for student athletes.

Many nutritionists and dietitians also explain how breakfast has a serious impact on performance.

Performance enhancing

Something they should eat



Not necessary

# ***STUDENT ATHLETE NUTRITION KNOWLEDGE STUDY***

A study created by Debra Dunn (R.N, B.S.N., M.S., C.N.O.R.), Lori Turner (Ph.D., R.D.), and George Denny (Ph.D.) used a Nutrition and Knowledge Questionnaire to assess 190 student athletes knowledge on nutrition.

***MEAN SCORE OF THE  
QUESTIONNAIRE***

***51.49%***



INSIGHT III

***STUDENT ATHLETES TEND  
TO FUEL MORE ADEQUATELY  
DURING RACE/COMPETITION  
DAYS COMPARED TO  
PRACTICE DAYS***

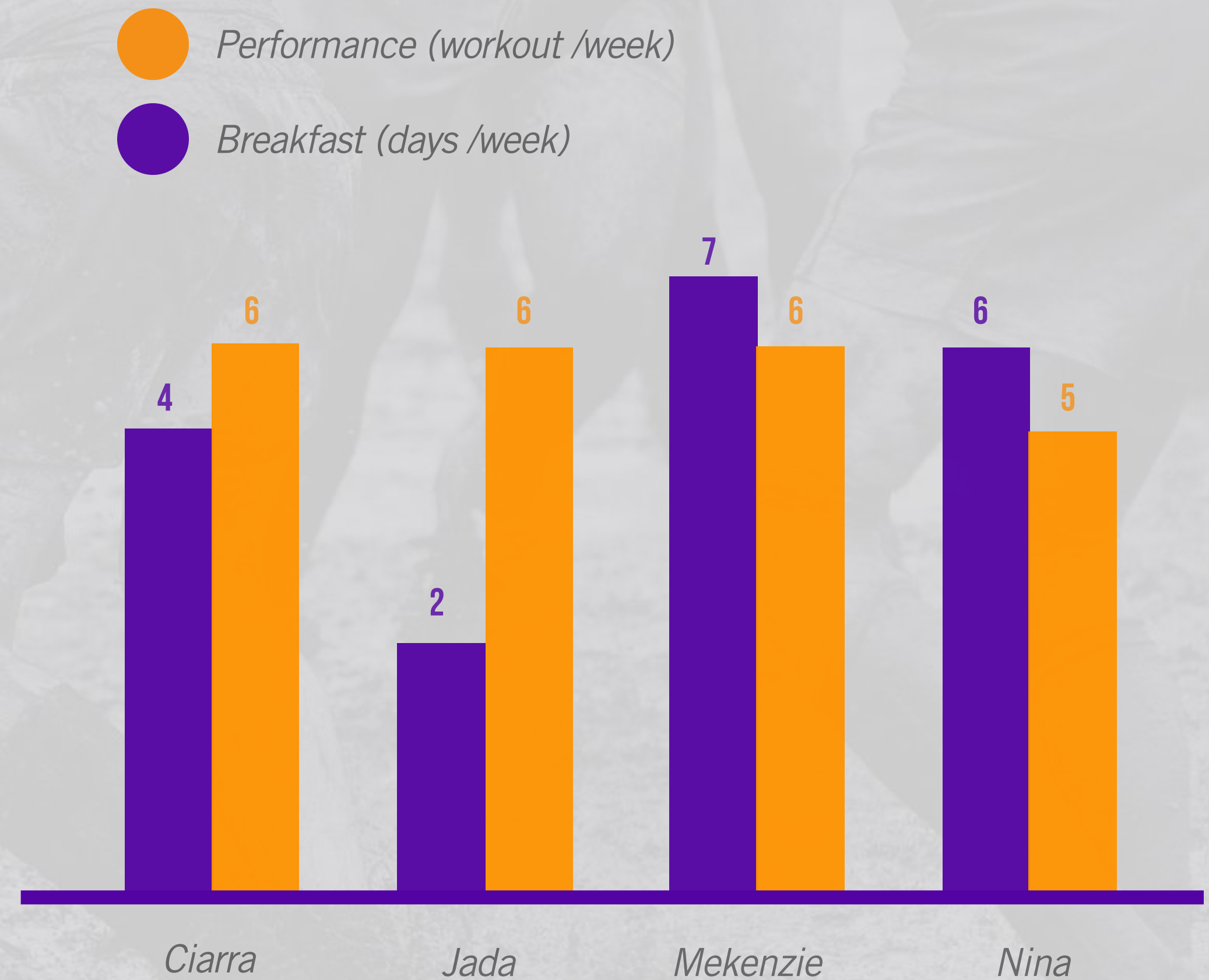
# BREAKFAST-PERFORMANCE CORRELATION

*\*based on our interviews*

## THE FACTS.

Approximately half of student athletes don't eat breakfast every morning before practice.

Most student athletes do not properly fuel themselves consistently before practice.



# ATHLETE ARCHETYPES

01



**Small** meal before  
practice

02



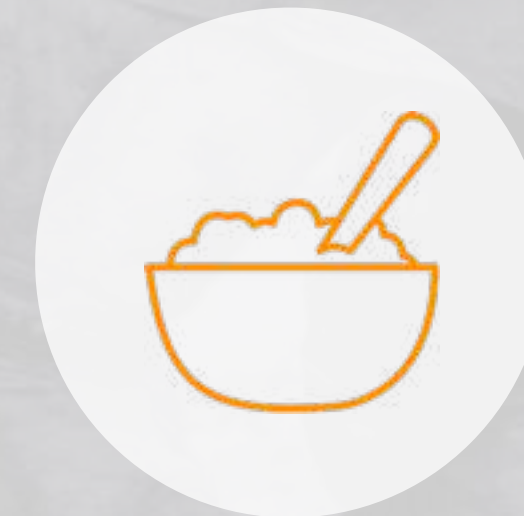
**Large** meal before  
practice

03



**Small** meal before  
competition

04



**Large** meal before  
competition

01



Student athletes like Nina eat **small** meals before **practice**.

(or **nothing** at all)



02



Student athletes like Mckenzie eat **large** meals before **practice**.



03



Student athletes like Kelvin eat **small** meals before **competitions**.

(or **nothing** at all)



04



Student athletes like Ciarra eat **large** meals before **competitions**.



# ***CONCLUSION***

The majority of student athletes do not think eating breakfast significantly effects their performance during practices, competitions, and in school.

Many student athletes with a morning practice eat light meals, snacks, or nothing due to time constraints or improper nutrition knowledge.





***THANK YOU***