



# Selected Sports Nutrition Impacts from 2019

## Individual

Football SA lost 40 lbs fat- Manny Avina

Baseball and Track & Field SAs submitted nutrition impact reports

Football SA dropped from 19% → 13% body fat at the same weight- Mike Scavo

## Team

Football  
off-season team  
-120 lbs of fat lost  
+ 72 lbs of muscle gained

Football  
Implementation of food truck as fueling station during season

Baseball  
Pilot run of team fueling station in locker room

## Program

Launch of first online sports nutrition & wellness course for SAs

GA position tentatively assigned to assist with sports nutrition program

Acquisition of food truck to implement as mobile fueling station



**Gavin Johns**

2019 Baseball Jr.

“Anthony has helped me make tremendous improvements on and off the field. His sharing of his knowledge in the nutrition field has helped me sustain peak performance throughout my career at Tennessee Tech University as a baseball player. I would not have reached my personal health and fitness goals if it were not for Anthony motivating and encouraging me to be the best athlete I can be, and that starts in the grocery store. I am grateful and blessed to have a friend and mentor like Anthony as my team’s Dietitian.”

“From being a 296-pound defensive lineman and beginning to cut down weight was no easy goal... After discussing with Anthony, the results came to be me losing 40 lbs of fat and only losing 1 lbs of muscle. I continue to look forward to working with Anthony to see the end game of my cutting phase.”



**Manuel Avina**

2019 Football Sr.



**Mike Scavo**

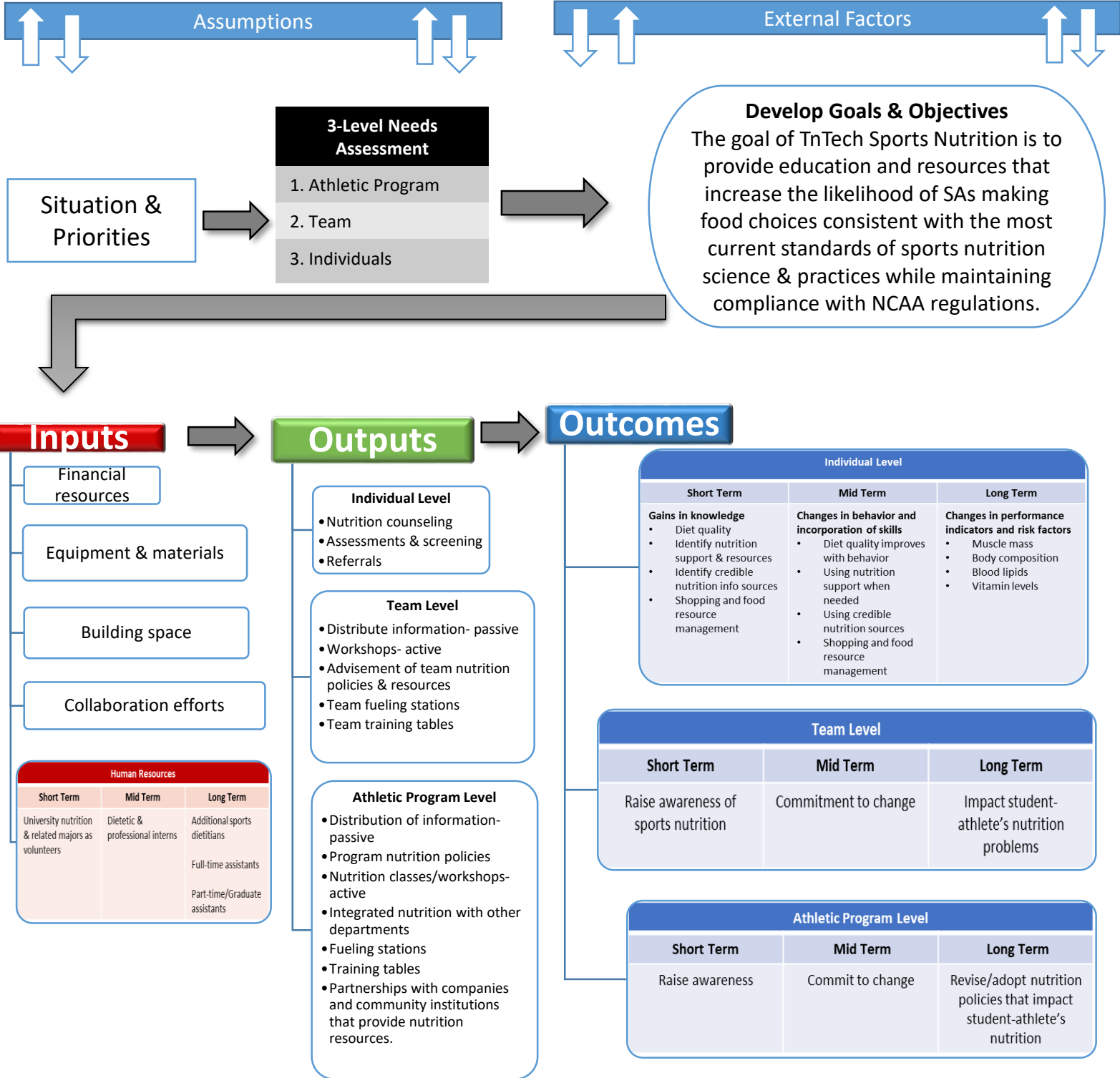
2019 Football So.

I look forward to the offseason every year and getting together with Anthony to discuss new goals and ways to get there. Over the last year I lost roughly 5% body fat which is a great progress. It was nice to see that what I did payed off and I was thankful for us having a nutritionist to use to achieve our goals.

I would love if more people on the team and other sports teams went to Anthony because he knows what he is talking about and I feel that our teams would benefit from it. What he has you do works and I know that from first-hand experience. Not every school has the luxury of having someone like Mr. Paradis that is there full time and really takes pride in what he does and loves helping people out.



# TnTech Sports Nutrition Program Model



**Formative Evaluation**

**Formative Evaluation**

**Summative Evaluation Focus – Collect Data – Analyze & Interpret – Report at local and professional level**

# Program Inputs



## Financial

\$19k /yr  
operational  
expenses  
Split salary of  
dietitian

## Equipment & Materials

Food &  
Supplements  
Software  
Printing  
Stationary

## Building Space

Office in HEC  
Counter space in  
APC  
Birdfeeder  
(gone)

## Collaboration Efforts

Grants (ongoing)  
Sports  
Performance  
Sports Med.  
Teams  
Human Ecology

## Human Resources

Sports RD- part  
time  
GA- part time  
Interns- pending  
Student  
workers-  
pending

# Outputs/ Services Delivered

## Individual

1. HEC- Sports Nutrition & Wellness course
2. Nutrition screenings
3. Nutrition counseling
4. Disordered eating counseling
5. Sports Nutrition newsletter
6. Meal plan scholarships (via admin)
7. Lunch & learn (self-sponsored)
8. Teaching Kitchen workshops

## Team

1. Team nutrition station consulting
2. Travel snacks consulting
3. Competition meals consulting
4. Nutrition education talks
5. Coach nutrition consulting
6. Team appointed nutrition intern (pending)

## Program

1. Sports Dietitian
2. Nutrition Policies
3. APC nutrition station
4. Partnerships with Pepsi (admin) & Glanbia

# Evaluation & Recommendations

## Strengths

Online nutrition course available to all SAs

Collaborations with other TnTech departments

Regular survey screening

## Weaknesses

Nutrition budget not sufficient to meet SA needs

Limited SA access to the Caf related to schedule

## Opportunities

NCAA \$25k grant-pending

Re-acquisition of Bird Feeder?

Permanent GA position?

## Threats

University funding limitations

One person program- no assistant to cover position

### Program Needs Assessment

#### Educational Needs

- **Insufficient knowledge.** New SAs scored 63% on sports nutrition knowledge test
- $\frac{3}{4}$  SAs reported poor or average knowledge of nutrition domains
- **High attrition.** 45/80 SAs completed online nutrition course by 12-10-19

#### Food Accessibility Needs

- **Insufficient use of meal plan.** 70% of football team not able to use dining hall >1 time per week in season.
- **High rate of food insecurity.** 27% of football team reported low FS.

#### Screening & Assessment Needs

- **Limited preventative screenings.** No team blood tests performed in 2019. In 2018 50% of WBB was vitamin D deficient and 25% were iron deficient.

### Program Recommendations

#### Education

- Create office area for dietitian in athletics building. (free?)
- Increase online course participation by incentivizing coaches with "snack stipends" (\$100 for top 20 test scores)
- Educational posters placed in locker rooms (\$300)

#### Food Access

- Increase sports nutrition budget to sufficiently serve SAs at APC. (\$10,000)
- Ensure SA access to meal plan
  - If unable; provide missed food from administration or team budget.
- Re-evaluate Chartwells contract before next renewal period.

#### Screening

- Bi-annual vitamin D and Iron screening of SAs (\$41 per athlete)