CHAPTER V
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Athletes purpose of the study was to assess your knowledge of nutrition, and physical education teachers in India. Sample for athletes of various sports and games representing their respective universities who include male and female students did. For the purposes of information such as athletics, football, volleyball, basketball and handball and was 253 the total number of athletes were collected from different teams. The players were at various universities in India.

Sports Authority of India coach Maharashtra games users to study and who are working under the coach and they are taken, such as Football, Volleyball, Athletics, basketball and hockey, and the total number of 79 were from different disciplines. Physical education teachers in various colleges affiliated to various universities in the works, including physical education teachers. For the purposes of the study of physical education teachers from 271 universities have been taken.

The study data were collected using questionnaires. Questionnaires were two types. The questionnaire of physical education teachers and coaches I had. Type II of the questionnaire was to athletes.

The questionnaires, therefore, necessary to take into account relevant aspects of the study, with a maximum coverage of areas related to nutrition, physical education and nutrition with the best care under the guidance and supervision of experts and the construction of framed to maximize the worth of subjects and meaningful response as a concept. To get the nutritional knowledge, nutritional four different areas, such as food ingredients, nutritional deficiency disorders, nutrition and nutritional value of food were selected as the respective games.

Construction and layout of the questionnaires respondents will be able to respond in an orderly manner, so that was a logical way. All of the questionnaires were framed and after many changes of Physical education
and nutrition, and a draft of the feature. Ambiguity and vagueness efforts leading to a room, the questions, it was easy to make a clear and consistent. Answers to Questions.

A word was said, and he was given a separate space and paper questionnaires in the frame was taken care of.

A trial run, Athletes, coaches and physical education teachers and one month after the trial run was carried out the same procedure with the same respondents were administered and scores were consistent and therefore questionnaires were reliable. It was clear the questionnaire and test questions required information and belief, also proved to be sufficient to obtain a search was made.

Physical education teachers and coaches in the annual meeting between the administration of a questionnaire refresher courses in various colleges and regional centers were established during the personal interview. Type questionnaires administered by appointment between the athletes have been.

University coaching camps were going on where the various locations. Each I have the right answers of the questionnaire was given to two points and two and a half Type questionnaire. The data points to the right answer, which was Subjects were collected were statistically treated. More ratios Athletes,
and physical education teachers and more ratio was found to be significant when the Scheffe 's post hoc test was used to compare the intra-group was used. Descriptive statistics of the different groups were used to analyze the nutritional knowledge of the situation.

The study results were based on the following findings Drawn.

1. Maharashtra state university level athletes the nutrition knowledge was poor.

2. Significant difference of track and field athletes, football, handball, basketball and volleyball were found between the nutritional information.

3. Track and Field Athlete of food ingredients and have a good knowledge about food and nutrition values.

4. Significant difference between male and female athletes do not get nutrition knowledge.

5. Male Track and Field Athlete of the female track and field athletes have a good knowledge about food ingredients.

6. Female Male football players, football players more than the nutritional value of the food is good information.

7. Athletes science and arts subjects to study professional courses in nutrition knowledge is better than the athletes.

8. Professional courses and study arts subjects compared to athletes or athletes to study science subjects, food ingredients, nutritional deficiency disorders and have a good knowledge about food and nutrition values.

9. Professional courses in science and arts subjects in the athletes than the athletes have a good knowledge about nutrition related games.
10. Female athletes to male athletes to study arts subjects to study arts subjects related to sports nutrition, nutrition and food prices are much better information.

11. Study science subjects, female athletes than male athletes in the disciplines of nutritional deficiency disorders and have a good knowledge of food and nutrition values.

12. Coach nutrition knowledge was average.

13. Significant difference, such as basketball, football, track and field, Volleyball and hockey coach between different disciplines as nutrition information is not available.

14. Significant difference, such as basketball, football, track and field, Volleyball and hockey as a coach and nutritional factors found in various disciplines.

15. Experienced and less experienced coaches, no difference was found between nutrition knowledge.

16. Nutrition in the College physical education teacher knowledge was below normal.

17. Significant difference between male and female physical education teachers of the colleges do not get the nutrition information.

18. Significant difference between male and female physical education teachers of the colleges in the knowledge found between nutritional factors.

19. Government College physical education teachers assistant and physical education teachers work in the UN-based colleges are better than the nutritional knowledge.

20. Government College of Physical Education Teachers of food ingredients, nutritional deficiency disorders and sports-related nutrition based
on the UN-supported colleges and colleges of physical education teachers are better than knowledge.

21. Aided college of physical education teachers nutritional value of food based college physical education teachers of the college and the UN is better than knowledge.

22. No difference between experienced and less experienced college physical education teachers in nutrition knowledge was found.

23. The coaches, physical education teachers in colleges are better than the nutrition information.
**Recommendations**

1. Coaches and physical education teachers to put more emphasis on vocational training is given to nutrition education.

2. Athletes training will be more effective and can achieve maximum performance, so that adequate nutrition education is provided.

3. Depending on the needs of the player, can provide adequate nutrition, balanced diet that includes their menu.

4. Nutrition education personal health as part of general educational institutions greatly confused about the habits and diet and nutrition that may be affected can be avoided.

5. Physical educator and sports professionals to update their knowledge of nutrition and the opportunity is given to the most inspirational.

6. Similar studies with different levels of achievement and participation in the selection of players and coaches are undertaken.