2016-17: Sports Nutrition at Radford

**Year in Review...**

- Individual nutrition education/counseling sessions
- Team education sessions
- Weekly interactive team chats about various timely nutrition topics
- Meetings with coaches and support staff about various nutrition topics
- Nutrition planning for injured student-athletes
- Pre-competition and travel meal planning
- Educational material development
- Binders containing educational materials in each locker room
- Nutri-bites for weight room TV sets
- Two cooking classes: breakfast/snacks and easy dinners
- RU Performance cookbook
- Hydration and sweat rate monitoring
- Body composition analysis
- Creation of assessment form, food record form, and goal sheet for use in future years
- Initiation of a Nutrition Question Box in the weight room

**Some Potential Goals...**

- Play a role in freshmen nutrition screening?
- In-service for sports med staff or coaches?
- More proactive with injured student-athletes
- More team-specific interaction
- Grocery store tours, live and/or interactive
- Use [microwave cooking videos](#) format to create other mini-lessons such as dietary supplements, recovery nutrition, concussion nutrition, holiday eating, etc.
- More interactive sessions involving food