

Going into the twenty-first century, a significant amount of research has been completed in regards to the sport of golf. Much research has been conducted on the biomechanics of the sport, proper training and conditioning guidelines, and even ways to improve equipment and courses. However, essentially no research has been conducted in regards to the nutritional concerns golfers face. Only very general guidelines have been set forth for these athletes to follow, but compared to other sports these are very common guidelines that essentially all athletes should follow. Golf can be considered a power sport, so comparisons can be made to other sports such as volleyball or sprinters in track and field. While comparisons can be drawn, golf is not necessarily as intense as these sports. Therefore, it is prudent for these specific nutritional guidelines to be developed to prevent over- or under-consumption of specific key macronutrients necessary for optimal golf performance. Specifically, collegiate golfers undergo the rigors of both golf and weight training, so proper nutrition is needed to ensure that their bodies are receiving ample nutrients and calories to maintain functionality and overall general well-being. Therefore, the purpose of this study is to observe the pre-event dietary habits of collegiate golfers to initiate future research into the nutritional aspects of the sport of golf.

For this study the National Cancer Institute's Automated Self-Administered 24-Hour Recall (ASA 24) will be utilized. This recall is an online tool utilized by researchers across the country to have participants create a descriptive list of all consumption over a twenty-four hour period. Athletic trainers known personally by the research team at universities on the east coast were contacted via email describing the purpose of the study. Each respective athletic trainer was asked to forward the email to their respective men's golf teams. Athletes who respond to the email receive a follow up email with a unique username and password for the ASA 24 website to complete the recall. Athletes will have a three-week period to complete this, and were instructed to provide a detailed account of what they typically consume prior to the first day of competition. After completion of this study, aggregate nutrition data, specifically macronutrient data, will be examined to determine typical nutrient consumption of collegiate golfers. Observations will be made in regards to his data and discussed. As a result, it is the hope of the research team that this will spark future research to be conducted to develop golf specific nutritional guidelines.