

# Health Assessment of Selected Hongming Taekwondo Club Players in Chengdu Basis for A Nutritional Health Program

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## Abstract

At present, in order to improve the physique of teenagers, more and more Taekwondo institutions have been established, and more and more teenagers have joined Taekwondo, which has aroused widespread concern and discussion from all walks of life. This study focuses on the study of diet and nutrition of Taekwondo club students. 120 students were randomly selected from Hongming Taekwondo Club. Nutrition will have a great impact on the performances of athletes or players. The energy demand of training will vary according to the type and duration of training cycle. Nutrition support should be customized to meet the needs of individual players and ensure that they can cope with training and competition. The conclusion is drawn from the survey on gender, grade, diet and training, hoping to help more pupils to learn Taekwondo.

## Keywords

Taekwondo; Health Assessment; Nutrition; Health; Performance.

## 1. Introduction

Taekwondo is an art of self defence which requires a high degree of fitness and co-ordination. Taekwondo competition consists of 3 x 3 minute rounds involving a rapid series of punches and kicks with 1-minute rest in between each round. During a tournament athletes maybe required to compete from 5-8 times over a day to reach the finals.

Competition therefore requires a level of anaerobic fitness but a high level of aerobic fitness is also needed to enable the athlete to recover and maintain performance throughout several rounds and over a tournament.

Taekwondo is a weight-category. Athletes are required to 'weigh-in' the day before competition. As with many weight-category sports, athletes often aim to compete at the higher end of the division weight range to gain an advantage over lighter opponents.

Athletes who are trying to improve their performance in sports can harm themselves by overtraining, adopting eating habits that damage them physically or psychologically, and using steroids or supplements (Doping). In competitive sports, doping refers to the use of banned athletic performance-enhancing drugs by athletic competitors, where the term doping is widely used by organizations that regulate sporting competitions. The use of banned drugs to enhance performance is considered unethical, and therefore prohibited by most international sports organizations, including the International Olympic Committee. Furthermore, athletes (or athletic programs) taking explicit measures to evade detection exacerbates the ethical violation with overt deception and cheating.

## 2. Statement of the Problem

This study will focus on the nutritional status and performance of taekwondo players in Wuhou District, Chengdu City, Sichuan Province of China.

. Specifically it seeks to answer the following questions:

Number1:How may the profile of the taekwondo players be described in terms of;  
Age;Sex;Monthly Family Net Income;Years Being a Teakwondo Club member?

Number1:How may the nutritional status of the taekwondo club members' players be described in terms of;

Anthropometric Data; and  
Dietary Data?

Number2:How may the health practices of the taekwondo club members' players be described in terms of:

Number3:Personal Health;Nutritional Health;Social and Emotional Health; andMental Health?

Number4:Is there a significant relationship among the profile of the taekwondo club members' players and their nutritional status?

Number5:Is there a significant relationship between the nutritional assessment of the taekwondo club members' players and their health practices?

Number6:Based on the results of the study, what suitable nutritional program may be proposed to help achieve the best performance.

### 3. Null Hypothesis

There is no significant relationship among the profile of the taekwondo club members' players and their nutritional status.

There is no significant relationship between the nutritional assessment of the taekwondo club members' players and their health practices.

### 4. Significance of the Study

The study will expect to come up with the nutritional status and performance of taekwondo club members' players in the Chengdu Province of China.

Findings of the study may clarify how important the nutritional status of the taekwondo club members' players in their performances.

The Taekwondo club members' players may be improved their performance by means of suggested meal plan program.

### 5. Scope and Delimitation

The study is focus on describing the nutritional assessment of nutrition and health practices of taekwondo club players in the Chendu, Province of China. It is delimited solely to establish the significant relationship of the profile variable, the nutritional status and the level of competition of the players.

Moreover, the researcher, based from the findings to be derived, shall propose effective or suitable nutritional program to help taekwondo club members' players achieve the best performance.

### 6. Research Methodology

This chapter presents and discusses the methodology will be using in this study. It will present the methods used and the subject involved in the study. It includes the research method, selection of the respondents of the study, sources of data, sample and sampling procedure, construction and validation of instrument, the instrument used, data gathering procedures, and the statistical treatment employed in analyzing data.

## 6.1. Research Method

The descriptive method is to be used in describing the nutritional status and performance of taekwondo club members' players. The descriptive method includes all the studies that support to presented facts concerning the nature of anything a group of persons, a class or events, a system of thought or any kind of phenomena which one may wish to study making it applicable to the research study.

## 7. Results, Interpretation and Discussions

This chapter presents, analyzes and interprets the gathered data. The data and findings are presented following the order of the research questions.

It can be said that majority of the group has normal BMI.

## 8. Research Output

### 8.1. Nutritional Program for Taekwondo Athletes

The results of the study have shown that the young taekwondo athletes have poor health practices. Some of them were also underweight. Most of all, their nutritional health practices are poor.

It should be noted that a major component in achieving sports performance is an adequate nutrition support. To get optimum performances, the athletes must respect, besides physical, technical and tactical training, a sport lifestyle during which proper nourishment has a leading role. This proposed program aims to improve the nutritional health practices of the taekwondo athletes.

## 9. Summary of Findings, Conclusions, And Recommendations

This chapter summarizes the findings of the study. It also presents the conclusions drawn from the findings and the recommendations.

Summary of Findings

### 9.1. The Study Revealed the Following

1. The respondents' age ranged from 3 years old to 10 years old with most of them (60%) falling in the 6-10 years old category. There are 59 (49 %) males and 61 (51%) females. Most of the group (67%) has a monthly family income of 15001 – 20000.
2. The respondents' average height, weight, and BMI are 1.21 m, 20.68 kg, and 13.73 kg/m<sup>2</sup> respectively. There are 36(30%) who were underweight and 84 (70%) with normal weights. The average dietary intakes of the majority respondents range from <500 kcal for breakfast (68%), <100 kcal for the morning snacks (75%), 500-1000 kcal for lunch (66%), <100 kcal for the afternoon snack (68%), and 1001-1500 kcal for dinner (60%).
3. The respondents have poor nutritional and mental health Practices, and good personal and social health practices. Overall, the respondents have poor health practices.
4. Among the profile variables, only age is significantly correlated to nutritional status in terms of BMI.
5. All the four areas of health practices are not related to nutritional status in terms of BMI.
6. A program aimed at improving the nutritional health practice of the respondents was proposed.

**Table 1.** Nutritional Status in terms of BMI

Objectives	Activities	Time rame	Person Responsible	Success Indicators
To increase the knowledge of the athletes on the importance of nutrition to training performance	1. Pre-test on the knowledge of atheletes regarding importance of nutrition to their sports 2. Series of short lectures and video presentations on the topic (30 minutes) 3. Post-test (after all lectures are delivered)	1 week	Trainors and coaches	A mean score of above 60% of the total score in the post-test. A significant increase of the mean post-test score compared to the mean of pre-test scores.
To improve the nutritional health practices of the athletes	1. Pre-survey on the nutritional health practices of the athletes 2. Series of weekly lectures on the nutritional practices. 3. One short short talk of a professional taekwondo athlete. 4. Daily logs for nturional health practices	1 month	Trainors	A mean score in the post survey that indicates and excellent nutritional health practices. Improvement on the daily logs of athletes.
To improve the dietary intake of the athletes	1. Pre-survey on dietary intake 2. Pre-Determination of weight, height and BMI 3. Series of short lectures on proper dietary intakes 4. Daily logs on dietary intake 5. Post weight, height and BMI 6. Post-survey	1 week for the lectures 1 month for the daily logs	Trainors	A mean score in the post survey that indicates excellent dietary intake. Improvement on the daily logs of athletes pertaining to their dietary intake. Normal weight and BMI

## 10. Conclusions

Based on the quantitative findings of the study, the following conclusions were drawn.

1. The respondents are mixed of male and females, generally young, and mostly middle-income earners.
  2. The respondents in general have normal BMI. They have different average daily calorie intakes.
  3. The respondents have poor health practices.
  4. The older respondents have better BMI than the young ones.
- Health practices have nothing to do with BMI.

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