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Contemporary Issues in Sport Science Management & Health Promotion.

A. Balami and O. A Adegbesan
Editors

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Department of Physical and Health Education, University of Maiduguri, Nigeria.
PART ONE: SPORT SCIENCE

CHAPTER 1  ASSESSMENT OF CENTRAL OBESITY AND PHYSICAL ACTIVITY LEVEL IN PERSONS LIVING WITH HIV/AIDS.  .................. 1


CHAPTER 2  PERCEIVED INFLUENCE OF GOAL-SETTING, SELF-TALK AND IMAGERY ON CHOKING AMONG ATHLETES IN COLLEGE OF EDUCATION ZING, TARABA STATE.  .................. 17

ADEBIYI Oyekusile Olusegun

CHAPTER 3  TRANSFORMATIONAL LEADERSHIP AS PREDICTOR OF ORGANIZATIONAL COMMITMENT AMONG EMPLOYEES OF SPORTS FEDERATION, LAGOS.  .................. 26

ODIOR, Sunday Ketu

CHAPTER 4  EMOTIONAL INTELLIGENCE AND COACH LEADERSHIP EFFECTIVENESS AS FACTORS INFLUENCING ATHLETIC PERFORMANCE AMONG NUGA ATHLETES IN A FIRST GENERATION NIGERIAN UNIVERSITY.  .................. 33

MOHAMMED SANUSI

CHAPTER 5  RELIGIOUS BELIEFS IN PROMOTING EXERCISE PARTICIPATION AND HEALTHY HABITS AMONG CHRISTIAN RELIGIOUS INSTITUTIONS IN IJEBU-ODE.  .................. 39

Kahinde, Oluseye Sennuga PhD, Oyebanjo, Olusegun Olatunji Adeogun, A. O. PhD & Adekoya, Adeolu

CHAPTER 6  EFFECT OF POSITIVE SELF-TALK ON FOOTBALLERS' AGGRESSIVENESS AMONG LAGOS STATE SOCCER ACADEMIES  .................. 46

Adewunmi, C.M. Ph.D, Ayenibiowo, K. Ph.D & Olayemi, B.O. Msc.

CHAPTER 7  VIOLENCE IN SCHOOLS AND COMMUNITIES: IMPLICATIONS FOR HEALTH EDUCATION.  .................. 54

OKUNDARE, AYOBAI ALADE PhD; JIMOH, FEMI OLATUNJI Med, MUSA, M. TITILAYO PhD
CHAPTER 8  DEHYDRATION AND ATHLETES PERFORMANCE: A SYNTHESIS
EDISON SAMSON & OJO OLUSHOLA SUNDAY PhD .......................... 62

CHAPTER 9  LEADERSHIP STYLES AFFECTING SPORT PERFORMANCE IN SOUTHWEST NIGERIA.
JIMOHI, A. M. Ph.D .......................................................... 69

CHAPTER 10  MINDFULNESS, SPORTS AND EXERCISE PRESCRIPTION AMONG PATRONS OF UNIVERSITY OF MAIDUGURI GYMNASIUM.
MARY NDAHI PINDAR; AJEGBESAN, OLUFEMI A & HAMAFYELTO, S.S. ................................................................. 77

CHAPTER 11  PERCEIVED IMPACT OF PSYCHOLOGICAL SKILLS ON SPORT PERFORMANCE OF STUDENT-ATHLETES EXPERIENCING CHOKING UNDER PRESSURE.
Adewunmi, Celina Mojisola (Ph.D) ........................................... 89

CHAPTER 12  PSYCHOLOGY OF TEACHERS' WORK STRESS AND COPING
Glory N. Amadi ................................................................. 95

CHAPTER 13  META-ANALYTICAL REVIEW OF FATIGUE AND BURNOUT IN SPORT.
MARY N. PINDAR ............................................................. 101

CHAPTER 14  SPORT AS A VERITABLE TOOL FOR SOCIAL INTEGRATION OF PERSONS WITH DISABILITY.
Adebayo Francis KOMOLAFE, Ph.D ......................................... 113

PART TWO: MANAGEMENT

CHAPTER 15  APPLICATION OF DATABASE MANAGEMENT INFORMATION SYSTEM INTO NIGERIA SPORTS ADMINISTRATION.
Toba David BAMITALE; Michael Olufemi AJISAFE Ph.D & Boluwaji Gbenga JAIYESIMI ................................................................. 122

CHAPTER 16  INFLUENCE OF ACTIVE SPORTS PARTICIPATION ON JUVENILE DELINQUENT BEHAVIOUR MODIFICATION OF SECONDARY SCHOOL STUDENTS IN LAGOS STATE.
OGUNSEMORE, Macpherson Akindele - Ph.D .......................... 131

CHAPTER 17  PUBLIC RELATION COMPETENCIES OF MANAGERS OF SPORTS IN NIGERIA
MYFRIEND, B.K Ph.D & MSHELIA B. S Ph.D .......................... 142
CHAPTER 18  FACILITIES AND INSTITUTIONAL RECOGNITION AS PREDICTORS OF TRADITIONAL SPORTS DEVELOPMENT IN LAGOS STATE.  
AJIBOLA, Samson Gbenga Ph.D  

CHAPTER 19  IMPACT OF GLOBAL SYSTEM MOBILE (GSM) COMMUNICATION COMPANIES SPORTS SPONSORSHIP DEVELOPMENT IN NIGERIA.  
ZAKARIYA MOHAMMED NAYAWO (Ph.D)  

CHAPTER 20  LEGAL LIABILITY FOR SPORT AND INJURY IN THE SCHOOL PROGRAMME.  
BAMIDELE BENSON BABATUNDE Ph.D  

CHAPTER 21  SPORT SAFETY AND SECURITY CHALLENGES AND PROSPECTS IN NIGERIA.  
CHRISTIAN EMERUWA, Ph.D, F.I.S.M, C.S.S.S.P  

CHAPTER 22  TOWARDS EFFECTIVE OFFICIATING OF A COMPETENCY-BASED ATHLETICS PROGRAMME.  
Olugbemiga, O. Oworu Ph.D  

CHAPTER 23  UNIVERSAL BASIC EDUCATION PROGRAMME: THE PHYSICAL EDUCATION CURRICULUM MISSING LINK.  
Benjamin Tunji Olasebikan Ph.D  

CHAPTER 24  A REVIEW OF FUNDING STRATEGIES AND THE PROVISION OF QUALITY EDUCATION FOR PERSONS WITH SPECIAL NEEDS ISSUES AND PROBLEMS IN SPECIAL EDUCATION.  
Archibong, Idongesit Etim Ph.D  

PART THREE: HEALTH PROMOTION  

CHAPTER 25  PREPAREDNESS AND CONTAINMENT OF EBOLA VIRUS DURING FOOTBALL COMPETITIONS IN THE SOUTHWESTERN, NIGERIA.  
Adisa Olawumi (Ph.D); Ayeni, Adeoti Adeyemi (Ph.D) & Oyediran Babatunde Abideen  

CHAPTER 26  EFFECTS OF ENVIRONMENTAL HEALTH EDUCATION ON KNOWLEDGE AND ATTITUDE TOWARDS SOLID WASTE MANAGEMENT AMONG SECONDARY SCHOOL STUDENTS IN IBADAN METROPOLIS, NIGERIA.  
LATEEF, Kelinde Oladele Ph.D. & OMEBOH, Eunice
CHAPTER 27 ECONOMIC FACTORS AS CORRELATES OF SEXUAL COERCION AMONG FEMALE UNDERGRADUATES IN OGUN STATE NIGERIA.

Masood Olailekan Bello Ph.D &
Kehinde Oluseye Sennuga Ph.D

CHAPTER 28 IMPROVING HEALTH CARE AMONG THE ELDERLY POPULATION IN NIGERIA.

Ibrahim M. Mbitisa Ph.D, Dashe, V.P.D
& Garba Hussaini Ph.D

CHAPTER 29 MITIGATING MENTAL HEALTH CHALLENGES THROUGH MEDICAL SOCIAL WORK: A REQUISITE FOR COMMUNITY SUSTAINABILITY.

Ojedokun, I. M. Ph.D

CHAPTER 30 A REVIEW OF HEALTH AND FITNESS CENTRES: A CURRENT PERSPECTIVE.

Emeahara, G. O. Ph.D, Ananamo, L. E. Ph.D & Odo, E. O.

CHAPTER 31 SAFETY EDUCATION ON KNOWLEDGE AND ATTITUDE OF COMMERCIAL MOTORCYCLISTS TOWARDS ROAD ACCIDENT CONTROL IN IBADAN NORTH LOCAL GOVERNMENT AREA, IBADAN.

Akinwusi, Adetoun Toyewo Ph.D

CHAPTER 32 PREVALENCE OF DRUG ABUSE AND ITS IMPLICATION ON PUBLIC HEALTH: THE WAY FORWARD.

Garba Hussaini Ph.D Kamar, Abdulkamar & Paul Garba

CHAPTER 33 INJURY PREVENTION VARIABLES AS CORRELATE OF HEALTH PROMOTION PRACTICE IN SCHOOL SPORTS PARTICIPATION AMONG SECONDARY SCHOOLS IN NUMAN, ADAMAWA STATE.

H. K. Jime O. A. Adegbesan Ph.D & J. Z. Vurho Ph.D

CHAPTER 34 ROLE OF EXERCISE IN THE PROMOTION OF THE WELL-BEING OF MOTHERS' DURING PREGNANCY AND POSTNATAL PERIOD.

M. A. Abdulkadir & Abdulalami, A

CHAPTER 35 ACADEMIC AND ENVIRONMENTAL STRESS FACTORS AS PREDICTORS OF MENTAL HEALTH STATUS OF UNDERGRADUATES OF THE UNIVERSITY OF IBADAN.

Jaiyeoba, Oluwatoyin Mercy Ph.D
| CHAPTER 36 | KNOWLEDGE AND USE OF FOOD SUPPLEMENT AMONG ATHLETES IN LAGOS METROPOLIS OF LAGOS STATE NIGERIA. ADEMIJU, P. U. Ph.D; AZUBUIKE, C. Ph.D; ONWUAMA, M.A.C Ph.D; ADEFUYE, M. |
| CHAPTER 37 | STUDENTS PERCEPTION OF SCHOOL FEEDING PROGRAMME AMONG PUBLIC SECONDARY SCHOOL STUDENTS IN MAIDUGURI, BORNO STATE, NIGERIA. SUMAYYA ABDULKARIM TIJANI Ph.D; BADAKI OLUSEGUN LASICI Ph.D. GANA, M. K Ph. D |
| CHAPTER 38 | PRACTICE OF HAND WASHING BEHAVIOUR AMONG PRIMARY SCHOOL PUPILS IN KADUNA STATE, NIGERIA. Safiya YAKUBU; M. A. ABDULKADIIR; Munirat, A. ABDULRAHMAN; A. ABDULSALAM |
| CHAPTER 39 | EFFECTIVE RECREATION FOR HEALTH PROMOTION AMONG STUDENTS OF TERTIARY INSTITUTIONS. EKPO G.U.A Ph.D |
PREFACE

The primary focus of graduate and undergraduate training at various institutions of learning in Sport Science Management and Health Promotion is to prepare individuals for excellent delivery of the various skills learnt in the course of training. The science of sport, management and health promotion belong to a vastly heterogeneous family of sciences with common research interest.

The main purpose of this book is to provide insights from the examination of relationships of these three major subject disciplines from a contemporary point of views. It also provides individuals with wholesome learning experience that equip individuals academically with the relevant knowledge and understanding of the various topics covered in this book. It is structured in three parts. The chapters are in form of empirical and analytical review in content.

It is our belief that readers of this book will be able to identify, explain, assess, describe, demonstrate and communicate effectively the information contained in this book to meet the societal needs at formal and informal levels of discourse. Lastly, this book is a good information resource for libraries, students, researchers and practitioners.
CHAPTER 36

KNOWLEDGE AND USE OF FOOD SUPPLEMENT AMONG ATHLETES IN LAGOS METROPOLIS OF LAGOS STATE NIGERIA.

ADEMIJU, P U. Ph.D; AZUBUIKE, C. Ph.D; ONWUAMA, M.A.C Ph.D; ADEFUYE, M.

ABSTRACT

Objective: The study examined knowledge and use of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria.

Methods: The research design was descriptive survey research while the instrument used for data collection was questionnaire with reliability value of 0.72. The sample used consisted of three hundred (300) male and female athletes selected through simple random sampling technique during their training and competition sessions. The data collected was analysed by using descriptive statistics of percentage and inferential statistics of chi-square to test the hypothesis.

Results: The result revealed that most of the athletes' first knowledge of food supplement were sport dieticians and coaches. Further results revealed that high percentage of athletes came about the use of food supplement through coaches, co-athletes and successful athletes, while the type of sport was the most motivating factor among others.

Conclusion: Conclusively the knowledge of food supplement played a major role in their usage as majority of the athletes used food supplement and they believed that food supplement is important in sport performance.

Keywords: Knowledge, Usage, Athletes, Food supplements

Introduction
The life of man is activity oriented, the individual walk, run, and jump in the process of carrying out his or her developmental task. Sometimes, this activity oriented life goes beyond meeting the developmental tasks but calls for more organized, structured and regulated competitive activity. This competitive activity which draws out certain natural potential in the individual is sport. People engage in sporting activity either for recreation,
health or competition purposes. When a person engages in competitive sporting activity, the ultimate goal of the individual, the coach, and other related persons is to excel in the athletes' choice of sporting activity. In order to excel, some athletes engage in physical training to enhance their achievement while some athletes combine physical training with other substances known as ergogenic aids to increase the body action.

Nutrition is an important aspect of an athlete's training programme. Although, exercise and athlete's training are considered to increase nutrients' needs in some athletes, a balanced diet with adequate calories can potentially provide necessary nutrients. However, it is likely that not all athletes are able to consume a diet that meets their nutritional needs so they will resort to nutritional supplements with intention of preventing deficiencies and even enhancing performance, (McDowall 2017, Maughan 2004 and American Dietetic Association, 2000). Nutritional supplement is one of the ergogenic aids used by athletes before, during and after sporting activity. Ergogenic aids are defined as nutrients, drugs, warm-up exercises, hypnosis, stress management, blood doping, oxygen breaking, music, and extrinsic biomechanical aids (Power and Howley, 2009). Ergogenic aid is a physical, mechanical, nutritional, psychological, or pharmacological substance or treatment that is intended to directly improve exercise performance (Wardlaw, Smith and Lindeman, 2012). A dietary supplement is further defined, "as a product that is intended to supplement the diet that bears or contains one or more of the following ingredients: a vitamin, a mineral, an herb or other botanical, an amino acid, a dietary substance for use by man to supplement the diet by increasing the total daily intake, or a concentrate, metabolite, constituent, extract or combination of these ingredients". FDA (1995, Maughan, Depiesse, and Geyer, 2007).

Nutritional ergogenic aids are aimed primarily at enhancing performance (either by affecting energy metabolism or by an effect on the central nervous system), at increasing lean body mass or muscle mass by stimulation of protein synthesis and at reducing body fat content (Maughan, 1999). Sobal and Marquart, (1994) reported that study have shown that 76 percent of body college athletes, and 100 percent of body builders take supplements. It is estimated that nearly 60% of all elite athletes use one or more dietary supplements (Schroder et al. 2002). People appear to be using these supplements at an earlier age. Today, close to 45% of collegiate athletes consume one or more dietary supplements, most often multivitamin/mineral supplements and creatine (Beck, Housh, Schmidt, Johnson, Coburn, & Malek, 2006; Jonnalagadda, Rosenbloom & Skinner 2001). Supplement use is widespread in sport. A recent report of supplement use among 100 Norwegian national-level competitors from various sports revealed that 84 % of all the athletes surveyed used some form of micronutrient supplement (Ronsenet et al.1999).

Diet manipulation to improve for athletic performance is not a new innovation. As long as 30 years in American football, players were encouraged on hot practice days to "tough up" for competition by consuming salt tablets before and during practice and by not drinking water. This practice is too dangerous to the athletes health. Just as their predecessors they are likely to experiment with any substance that promises a competitive advantage (Wardlaw, Smith and Lindeman, 2012). However, athletes of today benefit in the use of dietary substances such as water, lots of carbohydrates, and a balanced and varied diet that have the ergogenic properties which adhere to the food guide pyramid (Wardlaw, 1999).

From the time people began to participate in sports competition, Molinerro and Marquez, (2009), opined that nutrition is perceived as an integral component of physical performance. Today, supplement use is a widespread and accepted practice by athletes, with a high prevalence of use and a large range of different types and brands of products. Global supplement use in athletes is estimated to range from 40 to as high as 88 percent,
with over thirty thousand supplements being commercially-available in the USA. More than 3 million people in the USA alone use, or have used ergogenic supplements, and supplement use is also widespread among athletes at high school and collegiate levels. The use of nutritional supplements in sport is widespread and few serious athletes do not, at some stage in their career, succumb to the temptation to experiment with one or more nutritional supplements. Athletes who use nutritional supplements often consume these in amounts far in excess of those normally ingested and usually concerned primarily with the effectiveness of any supplement used. The amount and timing of supplement and the specific exercise conditions under which its effects may be optimized must be considered. A second concern relates to whether there is a possibility of contravening the rules imposed by the governing bodies of sport, which might lead to suspension from competition. Thirdly, and perhaps most important of all, the safety of supplement must be considered (Maughan, 1999).

Statement of Problem
There is no short cut to reaching the top in international sport. Optimal physical performance requires a well-designed physical and nutrition programme, commitment and working very hard and smarter than your competitors. Once these essential elements are in place, nutrition supplements may provide an edge or slight advantage over your competition (National Sport Centre, 1990). The aim of every athlete, the coach, the scientific and medical adviser is to excel in any sporting event of the athlete's choice. In pursuit of the success of physiological, biochemical, psychological and nutritional factors limit exercise performance have been identified, therefore, the athletes, the coach, the scientific and medical adviser seek ways to identify ways of minimizing their potential impacts on the athletes. The effect of this widespread use of nutritional strategies of varying degrees of efficacy usually referred to as ergogenic aids (Williams, 1983), Maughan (1999) observed that there is excessive consumption of dosage, timing, specific exercise under which its effects may be optimized, and not considering the safety and the rules governing the supplement. These actions have caused the suspension of some athletes by the sport's governing body.

Research Questions
1. What is the first source of knowledge of food supplement of athletes in Lagos Metropolis of Lagos State, Nigeria?
2. What is the source of food supplement usage of athletes in Lagos Metropolis of Lagos State, Nigeria?
3. What is the motivating factor of the usage of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria?

Hypothesis
1. Knowledge of food supplement will not significantly influence the use among athletes in Lagos Metropolis of Lagos State, Nigeria.
2. Utilization of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria is not a significant factor in sport and performance.

Methodology
The research design used for the study was descriptive research design. The researchers went to four sport venues within Lagos metropolis, administered the questionnaire to the athletes during their training and competition sessions using simple random sampling
technique. The instrument used for collection of data from the athletes is questionnaire designed in two sections. The first section was in Lekert-type, strongly agreed, agreed, disagreed and strongly disagreed, and this was used to elicit athletes' responses on knowledge and usage of food supplement. The second section of the questionnaire required the athletes to indicate the source of the first knowledge of food supplement, what motivated them to use the food supplement and who introduced them to the use of food supplement. The responses were analysed using descriptive statistical tools of percentage, while inferential statistical tool of chi-square was used to test the hypotheses.

**Hypotheses 1:** Knowledge of food supplement will not significantly influence the use among athletes in Lagos Metropolis of Lagos State, Nigeria.

**Table 1: Knowledge and use of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria**

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>DF</th>
<th>Cr. X²</th>
<th>Cal. X²</th>
<th>Decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>93</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agreed</td>
<td>126</td>
<td>42</td>
<td></td>
<td></td>
<td>32.67</td>
<td>68.41</td>
<td>Reject H₀</td>
</tr>
<tr>
<td>Disagreed</td>
<td>55</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly Disagreed</td>
<td>26</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The result on Table 1 revealed that 93 (31%) of the respondent strongly agreed that they have knowledge of food supplement, 126 (42%) respondents agreed that, they have knowledge of food supplement, while 55 (18%) respondents disagreed and 26 (9%) respondents strongly disagreed of the knowledge of food supplement. The test for hypothesis showed that the calculated X² value of 68.41 is greater than the critical X² value of 32.67. Since the calculated X² value is higher than the critical value X², the null hypothesis which stated that knowledge of food supplements of athletes in Lagos Metropolis of Lagos State, Nigeria is not a significant in the athletes support performance is significant in the athletes support performance is rejected. The result showed that athletes' knowledge of food supplement plays significant role in their usage as majority of the athlete use of food supplement.

![Figure 1: Bar Chart, Knowledge and use of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria](image)
Hypotheses 2: Utilization of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria is not a significant factor in sport performance.

Table 2: Utilization of Food Supplement and sport performance among Athletes

<table>
<thead>
<tr>
<th>Responses</th>
<th>Average</th>
<th>Percentage</th>
<th>Df</th>
<th>Crit. $X^2$</th>
<th>Cal. $X^2$</th>
<th>Decision</th>
<th>Level of Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Agreed</td>
<td>88</td>
<td>29.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agreed</td>
<td>116</td>
<td>38.60</td>
<td></td>
<td>32.67</td>
<td>89.33</td>
<td>Reject Ho</td>
<td>0.05</td>
</tr>
<tr>
<td>Disagreed</td>
<td>63</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly Disagreed</td>
<td>33</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The analysis on Table 2 revealed that 88(29.4%) respondents indicated they strongly agreed and 116(38.60%) of respondents agreed that utilization of food supplement enhanced athlete’s sport performance. While 63(21%) and 33 (11%) respondents disagreed and strongly disagreed that food supplement enhanced athlete’s sport performance. The result of the chi-square in testing the hypothesis, revealed that the calculated $X^2$ 89.33 is greater than the critical value of 32.67. Therefore, since the calculated $X^2$ is greater than the critical $X^2$, the null hypothesis which stated that utilization of food supplement by athletes in Lagos Metropolis of Lagos State, Nigeria is not a significant factor in athletes sport performance is rejected. This result shows that athletes believe that food supplement is important in sport performance.

![Graph](image)

*Figure 2: Bar Chart, Utilisation of Food Supplement by Athletes in Lagos Metropolis of Lagos State, Nigeria*

**Research Question :1**

What is the first source of knowledge of food supplement of athletes in Lagos Metropolis of Lagos State, Nigeria?
Table 3: Athletes' First Source of Knowledge of Food Supplement.

<table>
<thead>
<tr>
<th>S/N</th>
<th>ITEMS</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sports dietician</td>
<td>99 (33)</td>
</tr>
<tr>
<td>2</td>
<td>Coach</td>
<td>97 (32.33)</td>
</tr>
<tr>
<td>3</td>
<td>Marketers</td>
<td>42 (14)</td>
</tr>
<tr>
<td>4</td>
<td>Fans</td>
<td>26 (8.66)</td>
</tr>
<tr>
<td>5</td>
<td>Mass Media</td>
<td>36 (12)</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>300 (100%)</td>
</tr>
</tbody>
</table>

Figure 3: Bar Chart showing Athletes First source of Knowledge of Food Supplement

The result on Table 3 revealed that 99(33%) of the athletes' source of first knowledge of food supplement was sports dietician, followed by 97(32.33%) respondents indicated that source of the first knowledge of food supplement was coach. 42 (14%) respondents indicated that source of the first knowledge of food supplement marketers. 36(12%) of the respondents indicated that their first knowledge of food source was mass media. 26(8.66%) of the respondents indicated that their first knowledge of food source was their fans. The analysis of the result showed that most of the athletes' first knowledge of food supplement were sport dietician and coach.

Research Question 2:
What is the source of food supplement usage of athletes in Lagos Metropolis of Lagos State, Nigeria?

Table 4: Sources of Athletes' Food Supplement Usage

<table>
<thead>
<tr>
<th>S/N</th>
<th>ITEMS</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Friends</td>
<td>43 (14.33)</td>
</tr>
<tr>
<td>2</td>
<td>Fans</td>
<td>32 (10.66)</td>
</tr>
<tr>
<td>3</td>
<td>Coach</td>
<td>67 (22.33)</td>
</tr>
<tr>
<td>4</td>
<td>Co-athletes</td>
<td>63 (21.00)</td>
</tr>
<tr>
<td>5</td>
<td>Mass Media</td>
<td>33 (11.00)</td>
</tr>
<tr>
<td>6</td>
<td>Successful athletes</td>
<td>62 (20.66)</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>300 (100%)</td>
</tr>
</tbody>
</table>
Table 4 statistical analysis showed that 67(22.33%) of the respondents sources of supplement usage from the coach, 63(21.00%) respondents indicated that the sources of food supplement usage is from co-athletes and 62(20.66%) respondents reported that the source of supplement utilization is from successful athletes. 33(10.00%) and 32(10.66%) of the respondents indicated that the source of food supplement usage are from mass media and fans respectively. The result showed that the coach played great role in the use of food supplement by athletes, the next influencing factors are the co-athletes, and successful athlete. The least source of athletes' food supplement factors was the mass media.

Research Question 3:

What is the motivating factor of the usage of food supplement among athletes in Lagos Metropolis of Lagos State, Nigeria?

<table>
<thead>
<tr>
<th>S/N</th>
<th>ITEMS</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Age</td>
<td>53(17.67)</td>
</tr>
<tr>
<td>2</td>
<td>Sex</td>
<td>24(8)</td>
</tr>
<tr>
<td>3</td>
<td>Spirit of winning</td>
<td>95(31.67)</td>
</tr>
<tr>
<td>4</td>
<td>Type of sport</td>
<td>128(42.67)</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>300(100%)</td>
</tr>
</tbody>
</table>

Figure 5: Bar Chart showing Motivating Factors of Athletes' Food Supplement Usage
The result showed that 128(42.67%) respondents indicated that type of sport influence the use of food supplement, while 95(31.07%) respondents indicated spirit of winning, 53(17.67%) respondents indicated age as a factor while 23(8%) respondents indicated that sex of athletes was the least factor that influenced usage of food supplement. The analysis of the data revealed that the type of sport is the most motivating factor while the next influencing factor was “spirit of winning” that influenced athletes' use of food supplement.

Discussion
There is an ever-increasing range of supplements and sports’ foods that are easily accessible to athletes and coaches (Molinero and Marquez, 2009). This has resulted in the use of food supplement alongside with physical training by athletes, especially when preparing for highly competitive championship to remain physically strong, improve performance, excel and possibly perform better than other athletes.

The study of Molinero and Marquez, (2009) revealed that gender and sports’ category were factors influencing nutritional supplement use among 509 high school students. Burke & Read, (1993) stated that overall prevalence and the types of supplement used vary with the nature of the sport, for instance, 100% of weightlifters use some form of nutritional supplementation, the sex of the athletes, and the level of competition. McDowall (2017) reported that male and athletes use supplement to enhance performance, while males and females use supplement to increase energy. Maughan, Depiesse & Geyer (2007) study revealed that athletes' reasons for using food supplement were, the nature of the sport, older age, health and performance improvements, recovery from training and prevention or treatment of illness. The pressure to win at all costs, extensive coverage in lay publications, and type from manufacturers with exciting and emotive claims favour the use of supplements by young athletes, (Molinero and Marquez, 2009). McDowall (2017) stated that the use of nutrition supplement by young athletes were associated with pressure from media and the prospect of playing sport at increasing level. The study of Olatona, Aderibigbe and Ladi-Akinyemi (2017) showed that football players’ common reason for weakly energy-drink consumption was leisure. Athletes source of information in terms of knowledge on nutrition supplement according to Maughan, Depiesse & Geyer (2007) were health professionals (medical doctors, nutritionist and dieticians) ranking highest, followed by coaches, personal research, and few from the internet.

Conclusion
Conclusively, most of the athletes' first knowledge of food supplement were sport dietician and coaches as well as an appreciable number of the athletes came about the use of food supplement through their coaches and co-athletes. The athletes' knowledge of food supplement plays an important role in their usage as majority of the athlete use food supplements.

Recommendation
1. Effective drug education and recreational education programs can reduce athletes' intentions to use dietary supplements especially when it is not necessary.

2. Physicians, dietitians, and sports nutrition professionals should have good working knowledge of the various sports' food supplements in order to provide sound advice to the athletes about the supplement to use, the safety, benefits, side effects and if legally accepted in sport.
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