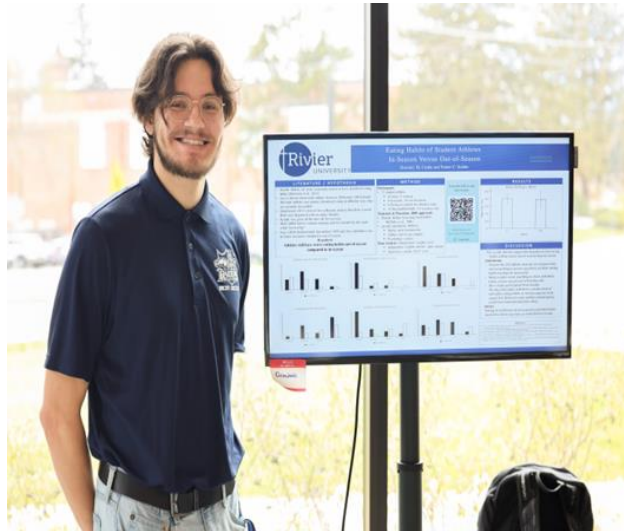


## **EATING HABITS OF STUDENT ATHLETES IN-SEASON COMPARED TO OUT-OF-SEASON**

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### **Abstract**

There is a lot of stress that comes with being a student athlete: the need to get all your schoolwork done, go to class, go to practice or games, and travel; there is little time in the day for athletes to not only eat but also find something healthy to eat (Brauman et al., 2023). Historically, we know that female athletes often have disordered eating habits (McNulty et al., 2001) but more recently Gallagher et al. (2021) have found that male athletes, too, often have disordered eating habits. The hypothesis for this study was that athletes may have worse eating habits out-of-season compared to in-season. This comparison was made based on what the participants marked their primary sport. Men's Lacrosse, Women's Lacrosse, Baseball, Softball, and Men's volleyball were all in season at the time of data collection. Cross Country, Field Hockey, Men's and Women's Soccer, Basketball, and Ice Hockey, as well as Women's volleyball were out of season. The Female Athlete Screening tool (FAST; McNulty et al., 2001) was completed anonymously. Data from 27 participants showed that the hypothesis was not supported. However, interestingly 75% of respondents thought athletes have disordered eating habits. Moreover, males were more likely to respond to items of overtraining while females were more likely to respond to restricted eating. ■

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