

**DETERMINATION OF NUTRITION KNOWLEDGE LEVELS
OF 9–12 AGE GROUP TENNIS ATHLETES****Zeynep YILDIRIM, Mine TURGUT, Süleyman Deniz SEZER***Bartın University, Sports Science Faculty, Bartın, Turkey*

Objective: This study was aimed to determine the nutritional knowledge levels of 9–12 age group tennis athletes according to the variables of age, gender, year of sports and parental education.

Material and Method: Based on this purpose, the research sample consists of a total of 171 tennis athletes in the 9–12 age group, competitors n: 91 girls and n: 80 boys. In the collection of the data and determination of the nutritional knowledge levels of the athletes, a 5-scale form consisting of 26 questions that Laurie et al. (2003) used in their research was taken into consideration. The obtained data were transferred to electronic media and analyzed in SPSS 22.0 package program.

Findings: When the analysis obtained results are examined it was determined that 52.0% of the athletes were interested in tennis for 2 years, 26.9% for 1 year, 20.5% for 3 years and 0.6% for 4 years. Also, when we study the results of the research, it was determined that the education levels of mothers and fathers are mostly undergraduate and graduate. It was determined that the average score of the athletes participating in the research obtained from the scale for their nutritional knowledge levels was not sufficient, that is, low.

Conclusion: It is seen that the average score of the athletes participating in the research for their nutritional knowledge levels is low. We think that our research result has developed some suggestions for future studies. It is important for the participants in the study environment to have adequate nutritional knowledge both in terms of their health and to be a good example for the next generations. It is important to note that the parents have a great contribution to the awareness of the level of nutritional knowledge in this age group, and we can say that parents should be more interested in their children in this type of important issue.

Keywords: nutrition, tennis, sportsman, knowledge level.