

Table S6. Interesting topics and information sources about nutrition in the TF and WC groups

Variable	All (n=144)	TF group (n=76)	WC group (n=68)
Nutrition class participation			
Yes	46 (31.9)	20 (26.3)	26 (38.2)
No	98 (68.1)	56 (73.7)	42 (61.8)
Interesting topics in nutrition			
Weight gain	28 (19.4)	12 (15.8)	16 (23.5)
Fat loss	79 (54.9)	43 (56.6)	36 (52.9)
Good food habits	43 (29.9)	27 (35.5)	16 (23.5)
Muscle buildup	63 (43.8)	31 (40.8)	32 (47.1)
Nutrition supplement	50 (34.7)	31 (40.8)	19 (27.9)
Glycogen loading	4 (2.8)	3 (3.9)	1 (1.5)
Water intake	26 (18.1)	16 (21.1)	10 (14.7)
Quick recovery	78 (54.2)	48 (63.2)	30 (44.1)
Nutrition information sources			
Friends	52 (36.1)	30 (39.5)	22 (32.4)
Coach/trainer	79 (54.9)	40 (52.6)	39 (57.4)
Mass media (internet, TV, and newspaper)	40 (27.8)	24 (31.6)	16 (23.5)
Family	30 (20.8)	17 (22.4)	13 (19.1)
Books/magazines	13 (9.0)	6 (7.9)	7 (10.3)
Dietitian/physician	27 (18.8)	11 (14.5)	16 (23.5)
Practical application of nutrition knowledge			
Yes	29 (20.1)	19 (25.0)	10 (14.7)
Just so	107 (74.3)	55 (72.4)	52 (76.5)

Not at all	8 (5.6)	2 (2.6)	6 (8.8)
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Values are presented as number (%).

TF, track-and-field; WC, weight-class.

Significant differences between the TF and WC groups were evaluated using the chi-squared test (*P<0.05).