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# Hydration and Fluid Replacement Knowledge in High School Football Athletes

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### **Hydration and Fluid Replacement Knowledge in High School Football Athletes**

The primary purpose of this study was to investigate the knowledge of hydration and fluid replacement among high school football players. Secondary purposes of this investigation included identifying the athletes' current sources of nutrition information and to identify the players' perception of the adequacy of their fluid intake and barriers that prevent them from obtaining enough fluid before, during, and after exercise. A total of 29 athletes completed the survey. The mean ages of the athletes participated in this study was 16.4 years. The mean number of seasons played on the high school football team was 3.1 seasons. The mean score for the knowledge, true and false, portion of the survey was 16.2 out of 20. There were no significant correlations between any of the survey scores and other factors due to the small sample size. The athletes did well on the survey and appear to be very knowledgeable about general hydration information. Based on the results of this study, health care providers need to continue to educate athletes and make monitor that they put their knowledge into good practice.