

FUNAAB will soon obtain global status —VC

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Vice-Chancellor, Federal University of Agriculture, Abeokuta, Prof. Olusola Oyewole
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The Vice-Chancellor, Federal University of Agriculture, Abeokuta, Ogun State, Prof. Olusola Oyewole, has assured stakeholders that the institution will soon become a global university.

Oyewole said this at the 2012 National Training Workshop on Sports Nutrition, organised by the Nutrition Society of Nigeria, Ogun State chapter, in collaboration with FUNAAB's Directorate of Sports.

The VC, who was represented by Prof. Folake Henshaw, while expressing his appreciation to the organisers of the workshop, said that the university was one of the best in the country.

He added that the outcome of the workshop would enhance the optimal performance of the institution's athletes at various sporting competitions.

Earlier in her keynote address titled, "Nutritional goals and dietary strategies for athletes," Henshaw, who is also Dean, College of Food and Human Ecology, said optimal nutrition was essential for peak athlete performance.

She noted that for any athlete to perform optimally, he/she needed essential nutrients, including water, carbohydrates, proteins, fats, vitamins and minerals.

Henshaw stressed that “peak performance is the ultimate objective of an athlete, which depends on good genes, good training and optimal nutrition.”

She said, “The goals of sports nutrition include enhancement of performance by improving body composition during training, promotion of healthy dietary practices, appropriation of dietary regimes for body recovery after training and competition; and improvement of overall health of athletes to ensure sustainable performance.”

She, however, noted that nutritional misinformation could do much harm to athletes.

In her goodwill message, the National President, NSN, Prof. Ngozi Nnam, who was represented by the Vice President (South), Dr. Oladejo Adepoju, said good nutrition was the panacea for good health and important to productivity.

She urged Nigerians to encourage good nutrition, noting that this would aid good performance in sports.

Earlier in his welcome address, the FUNAAB chapter chairman, Dr. Wasiu Afolabi, said proper nutrition helped athletes at all levels to prevent injury, enhance recovery from exercise, achieve and maintain optimal body weight, improve daily training workouts and maintain overall good health.

He expressed dismay that malnutrition level was still high in Nigeria, especially among women and children who are usually most affected.

Afolabi called on athletes that desire success in their career to get the right nutrition, adding that drinking enough water and eating adequate diet would fuel top performance.

He advised the sports ministries and National Sports Commission to employ nutrition professionals, arguing that this would go a long way in ensuring that Nigerian athletes are not only fit, but able to win laurels.