

Question 22 (continued)

(b) Discuss the role of supplementation in meeting the dietary needs of athletes.

6

The role of supplementations in meeting the dietary needs of an athlete is important to have the energy that is required for the body to do continuous physical activity that any athlete would need to continue running or playing sport. Supplements are an extra energy source that is not bad for an athlete in their dietary needs. It's energy that might be required in the middle of an event, that is there & can be used.

Question 22 continues on page 19