

Question 22 (continued)

- (b) Discuss the role of supplementation in meeting the dietary needs of athletes. 6

Athletes diet's are important because they need the right foods through, carbohydrates, fat and protein. It is important to follow the correct way for a diet this is because it allows the athlete the best way for performance. Carbohydrates are the best form of dietary for energy. Carbohydrates include eating plenty of pasta the night before competition, cereal on the morning of competition and a cereal or muesli bars before competition. Carbohydrates are important for most sports such as football, soccer, basketball and also athletic's events which are over in a few minutes. Fats are important for long duration activities such as marathon runners, triathletes etc. This is because they need extra energy stored in the body for longer and the form of carbohydrates is run out in this time and fat is stored in the body for a longer time. Protein is also important because this is where fruit and vegetables come in. Drinking plenty of water before and during competition is also important to stop dehydration. Sports energy drinks are important during and after the game because they contain salt and they also encourage drinking.

Question 22 continues on page 19