

Question 22 (continued)

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

Supplementation plays an important role in the dietary considerations of athletes. All athletes have different dietary needs and it is hoped that most of these can be met with a well balanced diet. In some cases however some athletes may require some additional help in meeting their dietary needs. This is where supplementation is important. Athletes may require protein or vitamin supplements to help them perform to the best of their ability. Athletes such as women also have special needs & supplementation can play a very important role, many women may have the need to use such supplements as Iron, as many women may suffer Iron deficiencies during menstruation, some athletes may use calcium supplements to help strengthen bones, this is also an important area for women as they can often have a low bone density. Supplementation can play a very positive role in the conditioning of athletes when used correctly.

Question 22 continues on page 19