

carbo-
prot-
water

Marks

Question 22 (continued)

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

Supplementation need to be taken often if in moderation, a balanced diet is a healthy diet. Depending on the nature of the activity, will influence the amount & variety of supplementations. Most athletes ensure carbohydrates are taken often prior to events, this is the body's fuel for energy & should make up the majority of a athletes diet, especially prior to a event this is called carbohydrate loading.

After physical training programs or events ~~protein~~ glucose or simple carbohydrates are ~~is~~ consumed. 20 minutes after activity, this restores the body's glycogen & decrease the recovery period, also proteins assist in the repair of muscle tissues. Athletes competing in physically demanding sports often require protein to restore the growth & repair of muscles. Water is essential part of a athletes diet as it keeps the athlete hydrated during activity, & should be consumed in large quantities prior to performances.

Other foods such as ~~cakes~~ cakes

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or desserts should not be totally excluded from a diet even though it is seen as unhealthy, ~~it~~ ~~is~~ ~~it~~

~~small~~ ~~moderation~~ ~~is~~ ~~it~~ ~~is~~ ~~it~~ but healthy if taken in small moderations