

Question 22 (continued)

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

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The role of supplementation in meeting the dietary needs of athletes is very important.

Athletes need certain supplements for certain sports. Most use consumption of a high-carbohydrate diet, however this can vary.

If the athletes are not getting the right supplements, chances are they will not perform to their very best; they may not have enough energy to finish the race. Therefore they are not doing their best which is why supplementation is quite an important role.

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