

Question 22 (continued)

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

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If an athlete had a desire to succeed, then having a well balance diet is extremely essential.

The dietary needs of an athlete can be different depending on when they are racing, how long they will be racing for and the type of sport they will be doing. The essentials for an athlete are: Vitamins, minerals, proteins, carbohydrates, fats and iron.

For an athlete to succeed, supplementation of the correct diet will be essential to determine how well they train and perform.

For example, carbohydrates are a high source of energy. Whilst training, carbohydrates should be a large part of an athletes diet, but approximately one week before an event, carbohydrates should be cut down to a minimum and there should be a higher intake of protein.

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