

Unit 7 Sports Nutrition I

Task 1 Discuss

What do you know about the relationship between nutrition and performance? Discuss with a partner, then write down the main points.

Task 2 Speaking

Are the following statements true or false?

1. The best sources of calcium are dairy products, but many other foods such as salmon also contain calcium.
2. Thirst is a good indicator of when to drink.
3. Physically active individuals should consume a diet that contains a variety of foods to eliminate the need for nutritional supplements.
4. If you are craving certain foods, it is because your body needs the nutrients they provide.
5. Vegetarian athletes may be at greater risk of developing poor iron status.
6. Pre-exercise meal should be sufficient in fluid, low in fat and fibre, moderate in protein and high in carbohydrate.
7. Eating extra protein automatically builds muscle.
8. Water is all I need to rehydrate after exercise.

Task 3 Case study

Before you read

Match the expressions below with their synonyms:

- | | |
|-------------------------------------|-----------------|
| 1. trying hard to do sth. difficult | a) consequently |
| 2. increases, adds to something | b) struggling |
| 3. as a result | c) fatigue |
| 4. tiredness | d) contributes |

Planning a Training diet

Michael is training for a 10km run coming up in 3 weeks. He has read a lot about sports nutrition and especially about the importance of eating a high-carbohydrate diet while in training. He has also been struggling to keep his weight in a range that he feels contributes to better speed and endurance. Consequently he is also trying to eat as little fat as possible. Unfortunately, over the past week his workouts in the afternoon have not met his expectations. His run times are slower, and he shows signs of fatigue after just 20 minutes into his training programme.

His breakfast yesterday was a large bagel, a small amount of cream cheese, and orange juice. For lunch, he had a small salad with fat-free dressing, a large plate of pasta with broccoli, and a diet soft drink. For dinner, he had a small broiled chicken breast, a cup of rice, some carrots, and iced tea. Later, he snacked on fat-free pretzels.

In pairs, answer the following questions:

1. Is the high-carbohydrate diet a good idea during Michael's training?
2. Are there any important components missing in Michael's diet? Are missing components contributing to his fatigue?
3. Describe some changes that should be made in Michael's diet including some specific foods that should be included.
4. How should fluid needs be met during workouts?
5. Should Michael focus on fuelling his body before, during or after workouts?

Task 4 Video

Fluids for optimal performance

(<http://search.alexanderstreet.com/view/work/1858050> 19:38 – 24:07)

Take notes while listening to a lecture. Focus on the following:

1. How does the speaker define fluids?
2. How long before exercise should we start drinking?
3. What is the role of water?
4. What happens when a person is dehydrated?
5. Why shouldn't we wait for the sensation of thirst?
6. What happens when body water is lost?
7. When and what should (not) we drink before exercise?

Task 5 Nutrition and Fitness: Summary

Complete the text with appropriate verbs from the list. There is one verb you do not need to use. Change the form of the verb if necessary.

meet break down increase replace consume include restore recommend
transform fuel form

1. A gradual increase in regular physical activity is _____ for all healthy persons. A minimum plan _____ 30 minutes of physical activity on most (or all) days; 60 minutes a day provides even more benefit, especially if weight control is an issue. An intense program lasting about 60 to 90 minutes should begin with warm-up exercises to _____ blood flow and warm the muscles and end with cooldown exercises. Regular resistance activities and stretching add further benefits.
2. Human metabolic pathways extract chemical energy from food and _____ it into ATP, the compound that provides energy for body functions.
3. In carbohydrate fuel use, glucose is _____ into the three-carbon compound pyruvic acid, yielding some ATP. This is metabolised further via the aerobic pathway to _____ carbon dioxide (CO₂) and water or via the anaerobic pathway to form lactic acid.
4. Anyone who exercises regularly should consume a diet that _____ calorie needs and is moderate to high in carbohydrates and fluid and adequate in other nutrients such as iron and calcium.
5. Athletes should consume enough fluid to both minimise loss of body weight and ultimately _____ pre-exercise weight. Sports-drinks help _____ fluid, electrolytes, and carbohydrates lost during workouts. Their use is essentially appropriate when continuous activity lasts beyond 60minutes.
6. Plenty of carbohydrates should be in pre-event meal, especially for endurance athletes. High-glycemic-load carbohydrates should be _____ by an athlete within 2 hours after a workout to begin restoration of muscle glycogen stores. Some protein in the meal is also helpful.

Task 6 Passive Voice

Find examples of passive voice in the summary above. Then rewrite the sentences below into passive voice.

1. The athlete consults a nutritionist. The nutritionist
2. The athlete consulted a nutritionist. The nutritionist
3. The athlete has consulted a nutritionist. The nutritionist
4. The athlete should consult a nutritionist. The nutritionist
5. The athlete had to consult a nutritionist. The nutritionist
6. They are designing a new programme. A new programme

(For more practice go to:

<http://www.perfect-english-grammar.com/passive-exercises.html>)