Fuel for Performance: Questions

Answer the following questions.

1. What is the most important role of fluids during activity?
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   _______________________________________________________________________

2. What is a major cause of fatigue and poor performance?
   _______________________________________________________________________
   _______________________________________________________________________

3. List the four food groups.
   ____________________________________________  _____________________________
   ____________________________________________  _____________________________

4. a. What is referred to as the “Fuel of Champions”? Explain why.
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   _______________________________________________________________________
   _______________________________________________________________________

   b. In what form is the fuel used during exercise?
   _______________________________________________________________________

5. During the week before an athletic competition, what would an individual’s diet look like?
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   _______________________________________________________________________

6. What should an individual do to maximize the glycogen that muscle stores? Explain.
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   _______________________________________________________________________

7. What pre-event meal should an individual eat or consume two to three hours before competition?
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   _______________________________________________________________________
   _______________________________________________________________________

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8. List what an individual should eat after an intense workout/exercise. Explain why.

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9. What is the role of protein during exercise?

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10. a. Individuals should eat food that contains iron. Explain why.

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b. List foods that contain iron and help performance.

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11. Describe factors that help or hinder iron absorption.

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12. Taking iron supplements is not recommended without a physician’s advice. Explain why.

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13. Why is it so important to have rest days built into your exercise program?

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