

Question 22 (continued)

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

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An athlete requires a balance ~~of~~ between nutritional needs and energy requirements in a balanced diet, where fuel energy is increased (i.e. macronutrients), will meet the needs of an athlete. From this diet an athlete should receive all vitamins and minerals necessary. There are exceptions, however, as women may need extra iron and calcium. These minerals are best received through ~~consumed~~ dietary sources, however, supplementation can be used. However, when taking ~~sup~~ supplements, the athlete must be careful not to consume too many as ~~too~~ ^{for} example, vitamin A & D, will cause ill health. Supplementations will not increase glycogen stores or improve the overall performance of athlete under normal circumstances, therefore, they can be a waste of expense. Some coaches believe the use of salts will help, however, they cause dehydration and irritation to the stomach tissue. Some athletes use diuretics to increase their energy to mask fatigue and even drugs but this is not recommended. Supplements are best used when a balanced diet can't be consumed