

Strand W4 - Section C *Nutrition for the Athlete/Field*

Wellness Assessment W4C

“Nutrition for the Athlete / Field”

Name _____

1. Between carbs, proteins, and fat, which is most important for pre-exercise nutrition?
2. How long before exercise should you consume a balance meal?
3. How long before a meal should you consume water, and how much?
4. It is okay to neglect during activity nutrition intake. (T/F)
5. What is the mnemonic for low-GI-impacting carbohydrate foods recommended as during- exercise fuel intake?
6. Post-workout is also known as _____ phase.
7. What are the functions of the nutrients during post-workout?
 - a) Fat replacement
 - b) Cool-down
 - c) Hunger abatement
 - d) Glycogen replenishment & muscle recovery
8. What is the minimum amount of protein an individual should ingest per day?
 - a) 60 grams
 - b) 90 grams
 - c) .8 grams per kilogram of body weight
 - d) 1.2 grams per kg of body weight
9. What nutrient does the body rely on to build muscles?
10. What is maximum recommended amount of grams for carbohydrates?
 - a) 5 grams per kilogram of body weight
 - b) 8 g/kg
 - c) 12 g/kg
 - d) 15 g/kg
11. The two required sources of energy are _____ and proteins.
12. What is the difference between hypo- and hyper- hydration?
13. Define rehydration.
14. _____ is also known as weight management
15. I can talk but not sing, what type of activity/exercise is this?
 - a) Moderate activity
 - b) Intense activity