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**Ch. 6: Nutritional Considerations**  
**REVIEW QUESTIONS**

1. Describe the similarities and the differences between the basic molecular structure of carbohydrates, fats, and proteins.
2. Describe the major problems associated with excessive consumption of dietary protein.
3. According to the chapter, a survey of coaches, athletes, and BOC-certified athletic trainers revealed that athletes depended on what sources for their information about nutrition?
4. What is the recommended level of dietary protein for adolescent athletes?
5. What is the approximate weight of a gallon of water?
6. Discuss briefly the short-term effects of repeated episodes of extreme, rapid weight loss.
7. What should be the three goals of any sports nutrition program?
8. What are the recommended percentages of protein, fat, and carbohydrates in an ideal training diet?
9. Using the equation provided in the chapter, compute the protein requirement (in grams) for a football player who weighs 94 kg.
10. Briefly restate the five guidelines regarding a precompetition diet.

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11. True or False: During times of heavy exertion, it is not possible to lose more than 0.5 to 1 liter of water for each hour of exercise.

12. Compute the fluid deficiency of an athlete who weighs 5.5lbs. less after practice than he did prior to practice.

13. Briefly review the effects of dietary fasting on muscle tissue.

14. True or False: Sports scientists recommend a training diet in which 30% to 40% of daily calories consumed are in the form of protein.

15. What is often the major nutritional concern of an injured athlete who is recovering from an injury?

16. True or False: Both coaches and athletes often lack adequate knowledge on the subject of nutrition or incorporate unfounded practices into training programs.

17. Why are vitamins and minerals important for the body?

18. What is the daily requirement for water in an at-rest adult?

19. What is the training benefit potentially gained by an athlete using creatine?

20. List some of the illegal ergogenic aids used by athletes for performance gains?