ADS Nutrition Seminar – Eating for Peak Performance

Guest Speaker: Ian Collins - Evelyn Faye Nutrition

Name: _____ **Date:**

SRSCGP004B: PROVIDE INFORMATION ABOUT THE FUNDAMENTAL PRINCIPLES OF EATING FOR PEAK PERFORMANCE.

TOPICS

1. Nutritional needs depend on the sport and the person.
2. Types of Food
3. Food diary
4. Nutritional practices
5. Food Preparation and organization
6. Sports Drinks
7. Pre-competition
8. Nutritional Supplements
9. Difficult Situations.
10. Who to turn to for help.

We eat not only for sports, but general health and longevity

Questions/notes

1. How are nutritional needs dependant on the sport and individual athletes?

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2. What are the five food groups and what are the nutritional guidelines in relation to these food groups?

3. What does a balanced diet mean and why is it important?

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4. Discuss the importance of fluid replacement and hydration during, pre and post training.

5. Outline strategies that you use regarding nutrition for optimum performance during training and in competition.

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6. List support personnel who can assist you in maintaining a healthy weight range.

Guest Speaker: Ian Collins – Owner Evelyn Faye Nutrition

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