

1. An athlete you coach has recently left home and is living with friends. Their performance has progressively deteriorated over the past few weeks despite no significant change in training load. You suspect their diet may be contributing to the situation. What advice could you offer the athlete?

2. Due to training venue limitations, training sessions have been brought forward by an hour, meaning that athletes have to come straight from school to training. Into the second week, several athletes complain of fatigue during the session. What dietary changes could you recommend to minimise the fatigue?

3. An athlete you are coaching is substantially increasing their training load, and has increased carbohydrate needs. What food/ fluid choices would you recommend?

4. What issues do you need to take into consideration in preparing a meal plan that meets the protein requirements of an adolescent male rugby athlete trying to increase his muscle mass?

5. List five key tips for assisting an athlete to lower their dietary fat intake.
 - i.

 - ii.

 - iii.

 - iv.

 - v.

6. When checking the fluid levels of your squad before and after training, you notice that several athletes decreased their body mass by >2% during the session. What is the source of this weight loss? What recommendations would you make for future sessions?

7. The athletes in your squad are involved in a week-long competition, playing two matches each day. What nutrition and hydration strategies can you recommend to promote recovery?

8. A female member of your squad approaches you about stopping weight training after a recent 4 kg increase in body weight. This is despite fitness test results showing that she is actually quicker.

- What other information would you want?
- How would you address this situation?

9. You start to taper training for your athletes a week out from a major event. What dietary issues need to be considered?

10. Describe how the following supplements could be incorporated into an athlete's meal plan. In which situations would they be valuable? In which situations would you avoid using them?

Supplement	When to use	When to avoid
<i>Sports Drink</i>		
<i>Powdered Liquid Meal Supplement</i>		