Chapter 6- nutritional considerations

Scenarios- please respond to each of the following scenarios

1. A parent of a young female gymnast asks you if there are any specific nutritional needs they need to address. What do you advise?

2. An assistant soccer coach is selling supplements to members of the soccer team. Based on this chapter what would be a few talking points when addressing this issue?

3. A female endurance athlete continues to have problems with anemia. What are your recommendations?

4. The coach schedules a meal six hours prior to the start of the game. What steps do you take to make sure the team has adequate nutrition?

5. You are an athletic trainer at a high school and are asked by a football player (defensive lineman) about what you recommend regarding protein consumption on a daily basis during the season. What would you recommend?

6. A student athlete asks you to help them lose weight. Based on the information in this chapter what would your plan be?