

Diet and nutrition

Hydration



1. What are the key functions of water in the body?
2. Why is important for an athlete to stay hydrated?
HINT – What happens if we get dehydrated?
3. Why are endurance athletes more likely to suffer from the effects of dehydration?
4. What does osmolality mean?
5. Explain the difference between an energy drink (e.g. Monster) and a sports drink (Lucozade Sport).
6. Complete the table on sports drinks (use the term osmolality):

Classification	Contents	Intended use
Hypotonic		
Isotonic		
Hypertonic		

7. Why not just drink water?

HINT – Water does not contain any ‘extras’ AND drinking water can cause effects detrimental to rehydrating.

8. Why are electrolytes important?

HINT – Identify key functions related to exercising.

9. Explain how an athlete can calculate a hydration strategy for an upcoming competition?

HINT: You have to weigh yourself.

10. What other strategies could an athlete employ to try and reduce the impact of dehydration?

HINT: Think about preparation in the weeks beforehand and clothing.

Sources (list of websites used):

TASK: Make your own sports drink: <https://www.youtube.com/watch?v=aCB6uK-WN5M>

EXTENSION

Discuss why consumers continue to buy expensive sports drinks, when it is so easy to make your own.