

# Unit 3: REVIEW

Chapter 5: Nutrition and

Chapter 9: Sports Psychology

# Nutrients

- What are the 6 classes or types of Nutrients?
- What are the 3 Macronutrients?
- What are the 3 Micronutrients?

# Macronutrients

- Why are they called Macronutrients in the first place?
- What % of our diet needs to be Carbohydrates, Proteins, and Fats?
- How many calories/gram does a Carbohydrate, Protein, and Fat provide?

# Carbohydrates

- Define it.
- Give 3 examples of simple carbohydrates.
- Give 3 examples of complex carbohydrates.
- What % of our diet should be CHOs?
- How many calories/gram of energy do CHO provide?

# Proteins

- Give 5 examples of proteins that we can consume.
- What is a Proteins' function/purpose?
- What % of our diet should be protein?
- How many calories/gram of energy do proteins provide?
- What a building blocks of proteins called?

# Fats

- What are the two types of Fats?
- Give me an example of each type.
- What % of our diet should be Fats?
- How many calories/gram of energy do fats provide?
- What type of FAT in the diet leads to health problems (high blood pressure, blocked arteries, etc)? Therefore avoid them 😊

# Micronutrients

- List the 3 micronutrients.
- Why are they called micronutrients in the first place?
- What is the main purpose or function of micronutrients?

# Vitamins

- What are the 2 types of Vitamins?
- List the \_\_\_\_\_ vitamins.
- List the \_\_\_\_\_ vitamins.
- What Vitamin is made by the body but can also be obtained by being in the sun?



# Minerals

- Why are minerals important?
- What two minerals are athletes generally deficient (low) in?
- What is an example of an electrolyte?
- Why is it important for athletes to consume electrolytes? (HINT: they prevent.....)

# Water

- How much water on average is needed by the body daily?
- What formula could you use to determine how much water your body actually needs?
- List 3 signs or symptoms of dehydration.

# Eating Disorders

- Anorexia- define it.
- What characteristics make you more likely to become anorexic?
- Bulimia- define it.
- What characteristics make you more likely to become bulimic?
- What sports are more susceptible to have an athlete with an eating disorder?

# Weight Loss, Maintain, and Gain

- ONE pound of weight is equivalent to \_\_\_\_\_ CALORIES.
- If I wanted to gain or lose weight, the safest method is to gain or lose \_\_\_\_\_ lb(s) a week.
- 15 minutes of moderate activity will burn \_\_\_\_\_ calories.

# Body Fat

- Healthy Body Fat ranges for Females are \_\_\_\_\_%.
- Healthy Body Fat ranges for Males are \_\_\_\_\_%.
- Females body fat under \_\_\_\_\_% could lead to amenorrhea (no period) or infertility.
- Males body fat under \_\_\_\_\_% is unhealthy and dangerous.

# Psychology of Sport

- What 3 things does an athlete generally LOSE when they are hurt?
- What 5 emotions, according to Kubler-Ross, will an athlete experience when they are hurt or have lost something?

# Goals

- What are the 2 types of goals?
- What are important aspects about goals?  
(HINT: Goals should be .....

# Definitions

- \_\_\_\_\_ - physical and/or emotional exhaustion
- \_\_\_\_\_ - a sense of apprehension or fear
- \_\_\_\_\_ - an overwhelming feeling of hopelessness or loneliness.
- \_\_\_\_\_ - an excessive amount of exercise that leads to exhaustion or injury in an athlete.



# Return to Play

- Who decides if it is safe for an athlete to return to play?
- What factors should be considered to decide if an athlete is ready to return to play?

# What are the six roles and responsibilities of an ATC, LAT?

- Hint: What do I do? Describe my job description.