

## Week 1

# Year 10 Sport Science

In preparation for our next assignment 'Sports Nutrition' I would like you to investigate supplement's used in sport and exercise. The information that you collect will be used to write up a section of your assignment. So spend time completing this task and explaining in detail your findings. Remember this is what allows us to achieve the distinction criteria for this course.

Supplement	What does this supplement do to the body to support it in sport?	How could this improve the performance of an athlete?	What are the disadvantages of using the supplement on the athletes health?	Can you find any articles or information about why people might think using this supplement is cheating? What do you think?	Can you identify which sports and what type of athletes are most likely to use these types of supplements? Explain why you have come to this decision.
Glucosamine					
Glutamine					
Creatine					
Protein supplements					
Hydration Drinks					
Caffeine based energy drinks					
Amino acids BCAAs					