

## Unit R183: Nutrition and sports performance (Topic Area 2:Applying differing dietary requirements to varying types of sporting)

### Step 3: 2.3 The dietary requirements of strength based activities

#### 2.3.1. Before strength based activities:

High in protein  
Limit excess body fat

#### 2.3.2. During strength based activities

#### 2.3.3 After strength based activities:

Rehydrate immediately  
Reload appropriate nutrients  
Write up assignment

### Step 4: Write up of Task 1

Complete write up of Task 2

### Step 1: (2.1)

## 2.1 The dietary requirements of endurance/aerobic activities

#### 2.1.1 Before endurance/aerobic activity:

Hydration  
Carbohydrate loading

#### 2.1.2 During endurance/aerobic activity:

Maintain hydration  
Maintain carbohydrate levels

#### 2.1.3 After endurance/aerobic activity

### Step 2. (2.2) The dietary requirements of short intense/anaerobic activities

#### 2.2.1 Before short intense/anaerobic activities:

Use of carbohydrates (not carbohydrate loading)  
Use of proteins

#### 2.2.2 During short intense/anaerobic activities

#### 2.2.3 After short



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