**Unit R183: Nutrition and sports performance** (Topic 4: How nutritional behaviours can be managed to improve sports performance)



Step 4: Complete write up of TA4

Complete write up of TA4:How nutritional behaviours can be managed to improve sports performance)

Step 3: 4.3 The effect of dehydration on sports performance

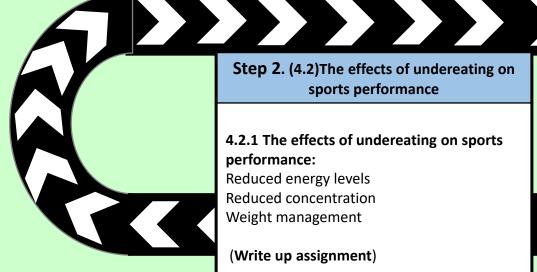
4.3.1 The effects of dehydration on sports performance:

Overheating Reduced performance level

Reduced bloated feeling

Reduced water retention

Write up assignment



Step 2. (4.2)The effects of undereating on sports performance

4.2.1 The effects of undereating on sports performance:

Reduced energy levels Reduced concentration Weight management

(Write up assignment)



Step 1: (4.1) The effect of overeating on sports performance

4.1.1 The effects of overeating on sports performance:

Effect on components of fitness How overeating can be manipulated for selected sports Increased nutrients Performance benefits

Write up assignment

