

Athlete Dietary Analysis Project:

An Overview of this Case-Study

Part 1: **Survey**. The student will implement the [Nutrition Project Questionnaire.pdf](#) survey to 1 athlete in order to assess their knowledge of nutrition as it pertains to their sport. The student will submit a summary of the findings in their report (3 to 5 paragraphs, 3 to 5 sentences each, plus a copy of the completed questionnaire).

Part 2: **Sports Selection and Description**. The student will research the sport that is played by the above-mentioned athlete and describe the sport according to its characteristics of competition and dominant energy systems. Information to include:

- Outline of the sport
 - Length of play
 - Number of players
 - The object of the game
- Dominant energy systems(s)
 - continuous versus high-intensity, intermittent
 - Aerobic versus anaerobic or both?

Part 3: **Explanation of Nutritional Demands.**

Based on the selected sport and its dominant energy systems, the student will describe in a professional and scientific manner a one-page summary of the nutritional issues and challenges of the sport. The focus should be on substrates needed to maintain or improve performance and recovery. *Please keep energy systems in mind, as well as protein requirements!*

Part 4: **Final Dietary Prescription.** Centered on the sport's various features presented in Parts 2 and 3, the student ***will create a comprehensive 2-day diet plan for one athlete interviewed in Part 1.*** This will include a macronutrient breakdown of the following using a print-out from a Microsoft Excel workbook:

- Meals
 - Breakfast
 - Lunch
 - Dinner
- Snacks
- Post Training or Post-Match Recovery Nutrition
- Dietary Supplements**

***If you choose to have your athlete take a supplement(s) you must provide a rationale as to why the supplement(s) is needed and what role it plays ***

Finally, all macronutrients must be tallied up to

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Presentation (Minimum of Four Pages)

- Cover Page
- Page One – Survey summary and sports selection description
- Page Two – Explanation of Nutritional Demands
- Page Three and Four – Final Dietary Prescription (printed excel sheet with macronutrient breakdown and daily sums)
- Page Five - Bibliography
- Page Six - Appendix - Copy of completed [Nutrition Project Questionnaire.pdf](#)

*****Assignment Disclaimer*****

*Please note that this assignment is designed for both illustrative and educational purposes **only**. Hence, no student without any prior licensure or certification within the nutritional sciences (i.e. "certified nutrition specialist", "registered dietitian," etc.) is to provide any form of dietary recommendations to any form of third parties, including classmates, teammates, athletes, etc.*

Providing athlete participants with general observations is encouraged. Nevertheless, in the absence of certifications or licensure no student is able to provide any form of nutritional advice as defined by the scope of practice of licensed and certified professionals.