Faculty of Medical Sciences Kragujevac

Integrated academic studies of medicine

COURSE: SPORTS MEDICINE

8th week of classes:

BASICS OF SPORTS NUTRITION

"BANK" OF QUESTIONS:

1. Goals of sports nutrition

2. Nutritional status and nutritional habits of athletes

3. Mistakes in the sports nutrition

4. General guidelines in the sports nutrition

5. Glycemic index, simple and complex carbohydrates

6. Carbohydrates in the sports nutrition

7. Proteins in the sports nutrition

8. Fats in the sports nutrition

9. Fiber in the sports nutrition

10. Principles of nutrition before training

11. Principles of nutrition during training

12. Principles of nutrition after training