Faculty of Medical Sciences in Kragujevac

Integrated academic studies of medicine

SUBJECT: I18 SPORTS MEDICINE

9 . week of classes :

Vitamins, minerals and amino acids as supplements in sports

"BANK" QUESTIONS:

1. Roles of vitamins and classification vitamins
2. Factors affecting the physiological availability of vitamins
3. Vitamin A and the importance of vitamin A in athletes
4. Vitamin D and the importance of vitamin D in athletes
5. Vitamin E and the importance of vitamin E in athletes
6. Vitamin C and the importance of vitamin C in athletes
7. Vitamin B1, B2 and B3​
8. Vitamin B9 and B12
9. The importance of B group vitamins in athletes
10. Determining the need for vitamins and minerals
11. Deficiency of vitamin and mineral intake in athletes
12. Importance of minerals in athletes