

Unit 8 Nutrition and Coaching

Task 1 How healthy is your diet questionnaire

In pairs ask each other the following questions. What other questions would you include if the aim of the questionnaire is to assess the nutritional value of someone's diet?

1. Do you base your main meals around starchy foods, such as potatoes, rice, pasta or bread?
2. Do you regularly include pulses in your diet?
3. Do you regularly choose wholemeal bread or rolls rather than white?
4. Do you regularly eat pre-prepared meals, such as sandwiches or canned soups?
5. Do you skip meals on most days?
6. Do you regularly add salt to meals at the table?

Task 2 Sports nutrition

Complete the text with suitable words, the first letter is given.

P____ performance requires commitment to training and a number of other aspects. Our d____ - what we eat and drink - is one of the areas which can influence sports performance. Sports nutrition is the what, when and how much of food and f_____ we should consume.

Macronutrients and micronutrients

1. The keys to good nutrition are *b _____, variety and moderation*. To stay healthy, your body needs the right balance of **carbohydrates, fats, and p _____** - the three main components of nutrition, or m_____ nutrients.
2. You also need micronutrients, that is **vitamins, minerals** and other s_____ from many different foods, and while some foods are better than others, no single food or food group has it all - so eating a variety of different foods is e _____.

Moderation means eating neither too much nor too little of any food or n_____. Too much food can result in e_____ weight and even too much of certain nutrients, while eating too little can lead to numerous nutrient deficiencies and low body m_____.

Task 3 What dietary recommendations would you give to a person who

- wants to lose weight
- wants to put on weight
- wants to build muscles
- suffers from anaemia
- is exhausted
- is pregnant

Task 4 Reading

What qualities of athletes do these quotes refer to? What do all the qualities have in common?

- a) "It's that inner arrogance, that bit of an attitude towards things that I *set my mind to*. It is never ever giving up and knowing that if I just *persevere* I will be able to do it."
- b) "You've really got to want it, but you've also got to want it for yourself. You've also got to understand why you're in it."
- c) "You need to be able to *handle* any situation that's thrown at you. At the Olympics you cannot isolate yourself... it involves teammates, coaches, doctors, management. You may not get on with all of them but you've got to *hold it together*. You may have to compete in conditions that you didn't wish for but you have to be able to *cope with* that and use all the environments and relationships to your advantage."
- d) "These athletes are not swayed by short-term goals in their desire to achieve their ultimate goal. They turn down vast amounts of money that are offered by promoters or sponsors so that they can focus on their long-term goal."
- e) "In my sport you have to *deal with* the physical pain from fatigue, dehydration... It's a question of *pushing yourself*, it's mind over matter, trying to perform and *go beyond your limits*."
- f) "They are in a cocoon almost, absorbed in themselves, committed to what they are doing, what they need to do, how they're going to react."

After you read

Study the vocabulary from the text. Can you explain the meaning of the expressions? Are any of them synonymous?

set your mind to sth. – *persevere* – *handle* – *hold it together* – *cope with sth.* – *deal with sth.* – *push yourself* – *go beyond your limits*

Task 5 Coaching

A) What makes a great coach? How can a coach develop the qualities described above?

B) Complete the gaps with the words below. There is one word you will not need.

cause / consider / determines / effort / emphasis / improved / revealed / set / understanding

The journal **Sport England** (2007) (1) that there has been a rise in the number of children who are involved in sport. A number of scholars have suggested that participating in sport has numerous benefits for children such as development social skills, self-esteem, health benefits and (2) motor abilities. It is therefore important to (3) motivation among children, because if more children are to participate in sport, it is essential that coaches have an (4) of motivation, so that they can maximise motivation among their athletes.

According to McArdle and Duda (2002) and Treasure (2001) the way in which the coach emphasises success versus failure (5) the motivational climate. There are two main types of motivational climate:

1. In this climate the coach focuses on encouraging the athletes to learn, make personal improvements and put in maximal..... (6). The coach rewards athletes based on progress and improvement.
2. In this sport setting the coach emphasises and rewards winning. As such, coaches in this environment only praise the athletes that win in both training and competition. Within this environment there is also an (7) on players outperforming other players, so a coach would (8) tasks that encourage competition and allow players to be ranked.

C) Now match each description of motivational climate (1,2) with one of the two types below. Which of the two do you prefer? What are their advantages?

Mastery motivational climate/ Performance motivational climate

(adapted from Nicholls, A.R., Jones, L. (2013) Psychology in Sports Coaching. Routledge. And Sheard, M.(2010) Mental Toughness. Routledge.)