

## Unit 3: Nutrition, Training and Ergogenic Aids

### **Chapter 14: Nutrition for Human Performance**

#### Section 14.1: Macronutrients

- Know what a macronutrients
- Know what dietary carbohydrates are and be able to give examples
- Know what dietary proteins are and be able to give examples
- Know what dietary fats are and be able to give examples
- Know why water is important
- Understand why trans fats are considered to be harmful

#### Section 14.2: Micronutrients

- Know micronutrients are
- Know some common vitamins and what they do in the body (table 14.2 pg. 381)
- Know some common minerals and what they do in the body (table 14.2 pg. 381)

*Be able to read and understand food labels (pg. 382 - 383)*

#### Section 14.3: Energy Balance and Body Weight

- Understand the energy equation and how it relates to our diets
- Understand what a calorie is
- Understand what a daily caloric need is

#### Section 14.4: Estimating Daily Caloric Need Based on RMR

- Know what BMR and RMR are.
- Be able to calculate RMR using the Harris-Benedict Equation

#### Section 14.5: Effect of Exercise on Fat Loss and Muscle Gain

- Understand the general rules regarding losing body fat without hindering RMR
- Know the set-point theory

#### Section 14.6: Nutrition for Optimal Performance

- Understand the three macromolecule requirements for optimal performance
- Understand the timing of nutritional intake for athletes

#### Section 14.7: Hydration and Fluid Intake

- Understand the importance of water intake and the results if not regulated properly
- Know the appropriate situations for hydration and rehydration

Review Questions: 1 – 5, 7 pg. 401