WORK RIGHT

CORE 2: FACTORS AFFECTING PERFORMANCE:
HOW CAN NUTRITION AND RECOVERY STRATEGIES AFFECT PERFORMANCE?

FOCUS:
NUTRITIONAL CONSIDERATIONS

WORK RIGHT WEEKLY QUESTION:
Compare the pre/during and post-performance dietary needs that are required for endurance and power athletes to perform at their best. **(8 marks)**

Fill in the blanks below straight from the syllabus

Students learn about:	Students learn to:
•	•
-	-

QUESTION'S GLOSSARY TERM : _____ (it's underlined above)

TERM'S DEFINITION: _____

_____

USING THE SYLLABUS AND THE KEY TERM, WHAT KEY POINTS DO YOU NEED TO ANSWER THE QUESTION? NB: Remember this is a 8 mark question

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STUDENT ANSWER:

TEACHER FEEDBACK:

REFLECTION: WHAT DO YOU NEED TO CORRECT OR INCLUDE TO IMPROVE YOUR RESPONSE?