

“Fueling Truths: Separating Fact from Fiction in Sports Nutrition”

Domain I – Injury and Illness Prevention and Wellness Promotion

Skill Level – Essential

Sports nutrition plays a crucial role in optimizing athletic performance and maintaining overall health of athletes. This presentation will delve into various aspects of sports nutrition, focusing on “hot topics.” A sports dietitian will provide relevant information and the following topics will be addressed: Should ATs use the ACSM Triad screening tool with female athletes? What about the ketogenic diet, especially for endurance athletes? Gut health and probiotics, does everyone need to be taking them? How can the AT spot and address low energy availability (LEA)? Does everyone need more of the trendy macro, protein? Should athletes be consuming lyte drinks with 1000mg of sodium per serving? This presentation will provide valuable insights into the latest research and advancements in sports nutrition, offering practical recommendations for athletic trainers to enhance the performance and well-being of their athletes.

Learning Objectives

1. Define and identify common myths and misconceptions related to sports nutrition, including those surrounding macronutrient intake, supplements, and hydration practices.
2. Evaluate nutrition advice provided by popular media, discerning between evidence-based practices and unsubstantiated claims, and apply this knowledge to real-world scenarios encountered in athletic training settings.
3. Develop and propose effective strategies for identifying LEA and Triad, incorporating evidence-based approaches.