

2009 COMBINE WRITTEN TEST RESULTS

- 1.) The best advice for an athlete regarding a pre-exercise meal or snack is
- Experiment to find out what works and what doesn't work for your body
 - Eat a bagel one hour before exercise
 - Eat a banana before exercise
 - Avoid all food within 2 hours of training or competing

A is the best answer. Each person is different and the athlete must experiment over time to find the food intake that works best (easy digestion, feeling good from, etc...) Answers B and C are also possible correct, but again, they may not work for everyone. Answer D is not ideal. You want to eat small meals, including a glass of water, regularly (daily) and then eat 90 minutes approximately from competition (a small meal).

- 2.) What's the right balance of carbohydrate, protein, and fat?
- 60% Carbs, 15% Protein, 25% Fat
 - 60% P, 15% C, 25% F
 - 50% C, 40% P, 10% F
 - 70% P, 20% P, 10% F

A is the best answer. This is definitely based more around athletes this ratio (normally it may fall in the 60/20/20 split) but with athletes fats are essential. The key here is fats should be good fats including nuts (almonds/walnuts are probably the best), avocado's, and oils (flax, olive, canola, soy, walnut).

- 3.) Which of the following vegetables has the highest nutritional value (Carbohydrates, vitamins, minerals, etc...)?
- Cucumbers
 - Broccoli
 - Celery
 - Iceberg Lettuce

B is the best Answer. When it comes to fruits and vegetables the darker and richer the color typically it will be more nutritionally dense and "fueling" for the athlete. Cucumbers, celery and iceberg lettuce are mostly water (good, but not great).

- 4.) What should be the foundation of your pre-game (or practice) and your post game (or practice) meal?
- Extra protein prior to playing and extra carbohydrates after playing
 - Unrefined carbohydrates, complete proteins and fruits/vegetables
 - Extra carbohydrates before playing and extra protein after playing
 - Refined sugars prior to playing and nothing for two hours after playing

B is the best answer. Rumor has it that athletes need to "carbo load" prior to competition and then eat/drink a gazillion grams of protein after a hard workout/competition. You just need to eat high quality foods that are unrefined, not processed and generally, not man made. A solid, well balanced meal prior to and post practice/games is ideal

- 5.) Is it better to load up on carbohydrates the night before a big game or is it better to eat 4 -5 smaller meals the day before competition for optimal performance?
- Load up night before
 - Eat 4-5 small meals day before

B is the best answer. Loading up is again, like last answer, not necessary. Keeping a constant state of fuel delivery to the body will be ideal for any person/athlete. By doing this you will keep a steady rate of energy, kick your metabolism into high gear and never full starving or bloated from a humungous meal.

- 6.) Eating a well balanced, properly timed and wholesome nutritional plan can
- Decrease the likelihood of injury
 - Decrease the likelihood of being sick and missing games
 - Increase the contribution you make to your team
 - Increase your speed, strength and stamina

A, B, C, and D is the best answer. Great nutrition that is well balanced (carbs/proteins/fats/water/vitamins/minerals), well timed (small fueling meals throughout the day) and wholesome (whole grains/wheats instead of white bread/pasta, fresh fruits/vegetable instead of sugared drinks/fruit, etc...)



DEVELOP
THE ATHLETE
Speed. Strength. Power.