



## **Health and Wellness: A Coach's Guide to Hydration, Nutrition and Supplements**

Adolescents are particularly susceptible to aggressive marketing, dieting fads, and nutrition myths. This course, hosted by sports medicine specialist, Dr. Mick Koester, provides information that can help your students be safe, well-hydrated, and performing at their peak. Students spend a lot of time and energy working out and playing sports, but they often don't think about what they eat and drink. Proper hydration and nutrition can optimize athletic performance. As a coach, you may think this is an area that you have little influence or control over, however this course will provide you practical tips on how you can model and teach proper hydration and nutrition.

### **Unit 1: Introduction and Assessment**

#### **Unit 2: Hydration**

- Hydration and Fluid Replacement
- Dehydration
- Hydration Plan
- Heat Illness
- Prevention
- Resources: Position Statement and Recommendations to Minimize the Risk for Dehydration and Heat Illness; Position Statement and Recommendations for the Use of Energy Drinks by Young Athletes, Relative Humidity; Sickle-Cell Trait; Understanding Sweat Loss

#### **Unit 3: Nutrition**

- General Nutrition
- Changing Eating Habits
- Special Diets and Issues
- Resources: *General Nutrition*: A-Z healthy snack list; Dietary Fat and Cholesterol; Dining Out; Eating Breakfast; Healthy Snacking; Let's Eat for the Health of It; Eating on the Run; Where do your favorite foods fit in? *Special Diets*: Gluten Sensitivity for Athletes; Vegetarian Eating for Athletes; Vegetarian Food Guide; *Special Issues*: Disordered Eating in Adolescent Athletes: Prevalence and Risk Factors; Female Athlete Triad; *Sports Nutrition*: Eating Before Exercise; Eating During Exercise; Eating for Recovery; *Weight Management*: Gaining Weight/Building Muscle; Portion Distortion

#### **Unit 4: Supplements**

- Dietary Supplements
- Performance Enhancing Drugs
- Recreational Drugs
- Resources: Dietary Supplements; Position Statement on Anabolic Steroids; Supplements Position Statement; Vitamin and Mineral Supplements

Additional Resources: Links to various pertinent Websites