

Case Study: Fatigued Athlete

Objective: The objective of this activity is to provide nutritional insights and recommendations for a basketball player who is experiencing fatigue during his games.

Details: A local basketball team that you have recently started working with has reported one of their players complains about not having enough energy during games. After talking with the player to understand his usual nutrition habits, you discover the player is following a low carbohydrate diet. He told you he started eating this way about a month ago, after seeing on social media that his favorite professional follows Paleo. You now have an opportunity to educate the player on the importance of carbohydrate for fuel and help him adjust his eating patterns to feel more energetic on the court.

Athlete profile:

Age: 20

Height: 6'4" (193 cm)

Weight: 180 lbs (81 kg)

Position: starting shooting guard

Answer the Following Questions:

1. Why might following a low-carbohydrate diet be a cause of fatigue for this athlete?
2. How would you explain the role of carbohydrates to this player on a low carbohydrate diet, specifically the benefit for performance? Be sure to state the benefits in a way the player will understand.
3. List out 5-7 sources of carbohydrates.
4. How many grams of carbohydrate should this 180 lb basketball player consume per day?
5. How much protein should he aim to consume per day?
6. Suggest a pre-game meal for your athlete. When should he eat? How much carbohydrate should he include? Suggest some food ideas.
7. To perform at his best, how much carbohydrate should your athlete take in during the game? Is it a good idea to have him start using this amount right away? Why or why not?
8. Help the player understand opportunities during the game to consume carbohydrates. Provide specific examples when carbohydrates could be consumed.
9. Your athlete is fairly responsive to your suggestions before and during the game but does not see why he should also eat carbohydrate after the game. Explain to your athlete why adding carbohydrate to his post-game recovery smoothie will help with his issue of feeling fatigued during games.