



## Faster, higher, stronger

Explore sports science and nutrition with Associate Professor Kate Pumpa  
Tuesday 6 September – 11.30am AEST

Access the full text of this review by Kate and some other colleagues

<https://www.mdpi.com/2072-6643/13/5/1586>

Give a short definition of the following terms:

Physiological –

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Neuromuscular –

\_\_\_\_\_

Psychological –

\_\_\_\_\_

In their results, what effects of Carbohydrates on total sleep time (TST) did they find in the studies?

\_\_\_\_\_

In their discussion, what is their final conclusion on the effects of protein on sleep?

\_\_\_\_\_

Give two applications they suggest for enhancing sleep.

\_\_\_\_\_

Here is a link with some advice that Kate gives to Brumbies players.

<https://brumbies.rugby/news/2020/04/22/brumbies-nutritional-information>

Can you represent Energy intake vs expenditure with symbols that would result in weight loss?

\_\_\_\_\_

Why might a rugby player have muscle loss across the season?

\_\_\_\_\_

If you were interested in more information about nutrition for younger athletes, you can find some here:

<https://www.sportsdietitians.com.au/factsheets/across-the-lifespan/nutrition-for-the-junior-athlete/>