1. What is one major aspect of training in sports?
2. Your body can lose 2L of water through sweat during exercise. TRUE or FALSE
3. What is one of the symptom if you over hydrate yourself?
4. 300-400 grams of glycogens will turn into fat. TRUE or FALSE
5. Proteins include thousands of amino acids that will NOT help our muscles recover after a workout and help them develop. TRUE or FALSE
6. Recovery
7. TRUE
8. If you over hydrate yourself it would dilute the sodium concentration in your blood stream. This would cause headache, coma and even death!
9. false anything over 300-400 grams of glycogen but it usually depends on the person's metabolism and how much they exercise .
10. False, they help us develop and recover