


Compete to Win without Drugs Chart– CT013

<p>Description</p>	<ul style="list-style-type: none"> ◆ This laminated chart provides important information about scientific disciplines of coaching namely: assessing physical abilities, sports nutrition, the coaching model and sports science and injury. It sets out the components required for the most effective way to compete in sport or chosen event without cheating - with drugs ! ◆ The chart shows how to develop a sound and effective fitness training programme ; It explains what a coaching programme involves ; Shows on a pie chart which gives the 5 important nutritional elements that are key to good performance; It highlights the importance of having the support of knowledgeable and experienced sports scientists as well as specialists in sports injury. As part of the "Drugs in sport" series of charts it is a must chart for schools, sports colleges and sports clubs.
<p>Details</p>	<p>1. Dimension: B2 Size</p>
<p>Image</p>	 <p>The chart is titled "COMPETE TO WIN WITHOUT DRUGS" and is divided into several sections:</p> <ul style="list-style-type: none"> SOUND AND EFFECTIVE FITNESS TRAINING: Includes a flowchart for "EVALUATE → SELECT → PLAN & RECORD" and a diagram showing the relationship between "ASSESSMENT", "TRAINING", and "RECORDING". NUTRITION FOR SPORTS PERFORMANCE: Lists key nutrients: Carbohydrates, Protein, Fat, Vitamins, and Minerals. It also includes a pie chart titled "FIVE IMPORTANT ELEMENTS KEY TO GOOD PERFORMANCE ARE:" with segments for Carbohydrates, Protein, Fat, Vitamins, and Minerals. COACHING MODEL: A circular diagram showing the interaction between "COACH", "ATHLETE", and "SPORT". SPORTS SCIENCE AND SPORTS INJURY: Discusses the importance of sports science and lists factors that can help you understand sports injury, such as "How to train effectively", "What is happening to your body during training and competition", "How to identify the right medical approach for training and competition", "How to build a set of objectives which can improve performance", and "How to deal with a sports injury (e.g. get medical diagnosis - proper treatment - physio rehabilitation - legal performance enhancement)".