

**Game/Activity:** Hydration for Sport

**Grade Level:** Middle and or Secondary Active Living

**Description:** Attached to this week's resources is an article titled "Hydration for sport" we found outlining the importance of properly hydrating for sport. We use it as a Strength and Conditioning assignment, but it can be utilized in any middle or secondary PHE class or for coaches and their athletes. Below in this document I have included some questions and an answer sheet.

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## “Hydration for Sport” Questions Strength and Conditioning

Read “Hydration for Sport” and answer the following Questions.

1. What does water do to help your body get nutrients it needs?

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2. During Exercise what can water do to help your body?

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3. How much water should you drink per day? What might be a good strategy you can do to help you drink this amount?

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4. You should drink \_\_\_\_\_ cups of water before you exercise. You should drink water \_\_\_\_\_ hours before exercise.

5. In your own words explain why it is important to stay hydrated to maintain optimal performance. Use the information discussed in the article to form your thoughts and ideas.

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6. Explain when and why it is beneficial to drink a sports drink .

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## Hydration for Sport Questions

### Strength and Conditioning – ANSWER KEY

Read Hydration for Sport and answer the following Questions.

1. What does water do to help your body get nutrients it needs?  
It helps in digestion, absorption, and transport of nutrients
2. During Exercise what can water do to help your body?  
Coolant for maintaining body temperature. Lubricates joints.
3. How much water should you drink per day? What might be a good strategy you can do to help you drink this amount?  
6-8 cups (1.5-2 litres)... Answers will vary, but a simple solution is to carry a water bottle every day.
4. You should drink 2 cups of water before you exercise. You should drink water 2 hours before exercise.
5. In your own words explain why it is important to stay hydrated to maintain optimal performance. Use the information discussed in the article to form your thoughts and ideas.

Answers will vary but students should discuss and include the following information...

Increase heart rate Increased body temperature Dizziness and headache Decreased muscular strength	Cramps Fatigue and sleepiness Shortness of breath	Increased perceived exertion Poor concentration Slowed reaction time
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6. Explain when and why it is beneficial to drink a sports drink .

# Chilliwack School District

## Athletics

When exercising for more than 1 hour... because it helps fuel muscles with carbohydrates (energy).



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