Faculty of Medical Sciences in Kragujevac

Integrated academic studies of medicine

SUBJECT: I18 SPORTS MEDICINE

7th week of classes :

BASIC PRINCIPLES OF HYDRATION IN SPORTS

"BANK" QUESTIONS:

1. Definition of hydration and percentage of body water
2. Water balance and hydration status
3. Regulatory mechanisms for maintaining water balance in the body
4. Specifics water loss in athletes
5. D ehydration in athletes
6. Indicators dehydration in athletes
7. Calculation rates sweating athletes
8. Basic principles of athlete hydration
9. Hydration drinks - sports drinks and water
10. Hydration drinks - fruit juices and energy drinks
11. Hydration disorders - hyponatremia
12. Hydration disorders - hypernatremia