

NUTRITION FOR SENIOR UMPIRES



Sally Garrard, a Sports Dietitian - Nutritionist from Apple to Zucchini, provides this quiz to test your understanding of the nutrition and dietary requirements for umpires to be at their best.

QUESTIONS

- 1. A meal is best eaten _____ before umpiring.**
 - a) 1 hour
 - b) immediately before (to give a burst of energy)
 - c) 2 - 4 hours
 - d) 4 - 5 hours
- 2. Which of the answers below describes the benefit of a sports drink?**
 - a) Provides water for hydration
 - b) Provides electrolytes for water absorption in the intestine and to maintain blood volume
 - c) Supplies carbohydrate to provide energy
 - d) All of the above
- 3. Which of the following meals constitute the best choice when attempting to fuel up before umpiring?**
 - a) Steamed fish and veggies
 - b) All Bran cereal and yoghurt
 - c) Banana and honey sandwiches
 - d) Protein Plus Power Bar
- 4. During muscle-building regimes, umpires should consume how many grams of protein?**
 - a) 0.5 to 0.7g/kg body weight
 - b) 0.8g/kg body weight
 - c) 1.2 to 1.6g/kg body weight
 - d) 2.2 to 2.6g/kg body weight
- 5. During exercise/umpiring the need for vitamins is generally is increased.**
 - a) True
 - b) False
- 6. When carbohydrate fuel (glycogen) in muscles is used up, it is difficult to maintain the high initial workload unless the blood glucose concentration is elevated by carbohydrate feedings. This may happen in the 3rd or 4th quarter and umpires call this condition:**
 - a) The training effect
 - b) The second wind
 - c) Hitting the wall

NUTRITION FOR SENIOR UMPIRES QUIZ ANSWERS

Answers to the umpire nutrition quiz to test your understanding of the nutrition and dietary requirements for umpires to be at their best.

ANSWERS

1. C – for a substantial meal
2. D
3. C – umpires need a high carbohydrate meal without too much fibre to prepare for umpiring. Cereal and yoghurt could alter bowel habits. Steamed fish and veggies have no carbohydrates so doesn't provide any muscle fuel. Protein is important POST-training/games to repair damage. However, it does a poor job of fuelling muscles to prepare for umpiring.
4. C – if more than this is taken it can often contribute to an excessive intake which then increases skinfolds.
5. B – there is a minor increase in nutrient requirement for athletes, but the increase is met with the increased food intake. A healthy athlete that supplements their diet with vits/minerals/antioxidants can actually do themselves more harm than good.
6. C

Source: For further information from Sally Garrard visit the [Apple to Zucchini website](#).