

# WHAT MAKES A PARALYMPIAN?

## INDEPENDENT, PAIR OR TEAM EVALUATION QUIZ

NO	QUESTION	ANSWER
1	<p>How does a sports coach help a Paralympian?</p> <p><b>A.</b> Tells them what to do and leaves them to do it</p> <p><b>B.</b> Plans and implements training schedules</p> <p><b>C.</b> Plays the game or sport alongside the Paralympian</p>	<b>B.</b> Plans and implements training schedules
2	<p>Who undertakes this role?</p> <p>Treatment of muscle and connective tissue injuries and advice on exercise programmes for prevention and treatment of injuries.</p>	Physiotherapist
3	<p>Who takes responsibility for the mental preparation of Paralympians?</p> <p><b>A.</b> Physiologist</p> <p><b>B.</b> Psychologist</p> <p><b>C.</b> Physiotherapist</p>	<b>B.</b> Psychologist
4	What does a sport technician do?	Maintain, adjust and repair individual and team sport equipment.
5	List two other support staff roles	Sport nutritionist, sport doctor, strength and conditioning coach, sport physiologist.

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6	List two reasons why Paralympic records have improved between 1968 and 2016.	Better and more regular training, improved facilities for training and equipment for the sport, better understanding of how to train, more use of sports science, better diet and nutritional advice, improved medical care for injuries and illness, improved mental preparation.
7	Give two characteristics of mental toughness	Resilience, self-belief, motivated, competitive, desire to succeed, disciplined, confident, fully-focused on goals and ambitions, and demonstrating the Paralympic values of determination and courage.
8	Through their preparation and performances what Paralympic values do the Para athletes demonstrate?  <b>A.</b> Excellence, respect, friendship <b>B.</b> Inspiration, respect, equality, excellence <b>C.</b> Determination, inspiration, equality, courage	<b>C.</b> Determination, inspiration, equality, courage
9	Physical preparation is everything. List three things that 21st century Paralympians do to prepare themselves to compete at the Paralympic Games.	<ul style="list-style-type: none"> <li>• Conditioning, strength and cardiovascular training, practise sport-specific skills and improve technique, compete regularly, learn to work with other team members, for example when playing wheelchair basketball</li> <li>• Eat healthy foods and have the right nutritional diet for performance in the different sports</li> <li>• Sleep, relax, recover and rest</li> </ul>