

WHAT MAKES A PARALYMPIAN?

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Support role	List 2 ways in which the Para athlete is supported (3 suggested answers are provided)
Sport nutritionist	<ul style="list-style-type: none"> • Advice on diet and nutrition specific to the sport • Advice on safe food supplements
Sport doctor	<ul style="list-style-type: none"> • Diagnose illnesses and injuries • Prescribes treatments for recovery • Advice for the prevention of injuries and illnesses
Family, friends and spectators	<ul style="list-style-type: none"> • Get behind the Para athletes and encourage them to perform to their best to achieve great results • Use social media to message support and encouragement to the Paralympians
Physiotherapist	<ul style="list-style-type: none"> • Treatment of muscle and connective tissue injuries • Treatment of soft tissue to release tension and reduce pain • Provide advice on exercise programmes for prevention and treatment of injuries
Sport psychologist	<ul style="list-style-type: none"> • Advice on mental preparation for training and competition • Work with the Para athlete to develop mental strategies to deal with challenges and setbacks
Sport coach	<ul style="list-style-type: none"> • Take responsibility for all aspects of coaching the skills, techniques and requirements of the sport • Plan and implement training schedules • Offer advice on all aspects of training
Sport physiologist	<ul style="list-style-type: none"> • Carry out research to understand how the body responds to exercise • Advice on heart rate, recovery techniques, hydration strategies, overtraining and acclimatisation