

WHAT MAKES A PARALYMPIAN?

NAME: **CLASS:**



INTERNATIONAL PARALYMPIC COMMITTEE

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Complete the table to demonstrate your understanding of the ‘behind the scenes’ staff who support Paralympians.

WHAT MAKES A PARALYMPIAN?	
Support role	List 2 ways in which the Para athlete is supported
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"> • _____ • _____
_____	<ul style="list-style-type: none"> • Get behind the Para athletes and encourage them to perform to their best to achieve great results
_____	<ul style="list-style-type: none"> • Use social media to message support and encouragement to the Paralympians
Physiotherapist	<ul style="list-style-type: none"> • _____ • _____
_____	<ul style="list-style-type: none"> • Advice on mental preparation for training and competition
_____	<ul style="list-style-type: none"> • Work with the Para athlete to develop mental strategies to deal with challenges and setbacks
Sport coach	<ul style="list-style-type: none"> • _____ • _____
_____	<ul style="list-style-type: none"> • Carry out research to understand how the body responds to exercise
_____	<ul style="list-style-type: none"> • Advice on heart rate, recovery techniques, hydration strategies, overtraining and acclimatisation