

Good Clean Sport School Toolkit 2021

Lesson 3

Supplement risks and Food First approaches to athlete nutrition



Lesson duration
30-45 minutes



Equipment
Electronic device, pen



Learning objectives

- To increase awareness of risks associated with supplement use
- To develop decision making skills regarding supplement use
- To raise literacy regarding supplement marketing and information



Key Lesson Guidelines

Based on recent research in NZ sporting contexts (Clancy, 2020), this lesson plan focuses on the development of practical life skills (Botvinet al., 1995), content literacy (Lucidi et al., 2017) and informed decision-making processes. This intent of this process is to instil food first and clean sport tikanga from early in an athletes' sporting pathway, ideally before they engage in doping control.

Lesson 3

Year 7 - 9

Supplement risks and Food First approaches to athlete nutrition



Recent studies show that adolescent supplement use to enhance performance in NZ is increasing at concerning levels. DFSNZ General Manager Athlete Services, Dr. Sian Clancy found that 92% of NZ adolescents had taken one or more supplements in the past 6 months to enhance their sporting performance.

Many NZ adolescents are using supplements rather than good nutrition to enhance their performance and physical appearance.

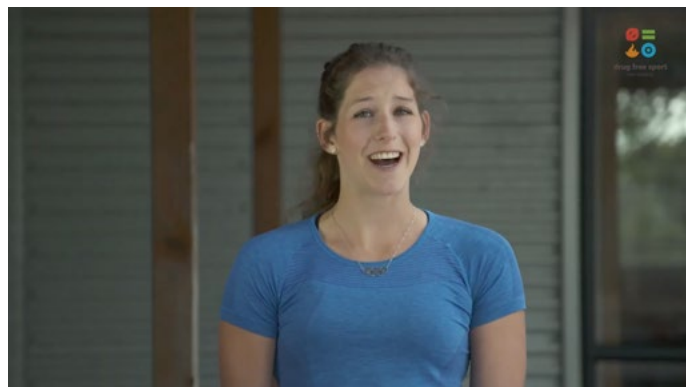
The marketplace supplies hundreds of supplements claiming to provide nutritional support for athletes, found in tablet, powder and liquid form.

Some consist of 'proprietary blends' or 'natural ingredients' that don't thoroughly explain the product contents and pose threats to NZ adolescents. Taking a substance without understanding the threats it may pose is a risk to adolescent's health and participation in sport as a clean athlete.

Lesson Plan | Year 7 - 9

> Video

Open this lesson by watching Eliza McCartney explain "the risks of supplement use"



WATCH VIDEO

Students are asked: To think about any supplement/s they use or have considered using - can you get the nutrients they need from food? Have they had expert advice about their nutritional needs? Students then view a video produced by Sport Integrity Australia, which focuses on **Cassie Fien's supplement use** and subsequent positive test.

WATCH VIDEO

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› Activity 1

Students now visit the [DFSNZ Supplement Decision Making Guide](#)

Students to work their way through the Supplement Decision Making Guide (please note students may not be taking any supplements and in this case go through the steps using a hypothetical scenario, making sure they read and understand the decision making process).

› Activity 2

A worksheet is provided for students to complete bringing attention to supplement risks, content literacy and case study scenarios.

Students own thoughts on this.

Questions

1. When you search the internet for 'supplements' what type of information sources do you find?
2. What type of supplements are being advertised?
3. What are the potential health and career risks involved with supplement use?
4. What issues do you see in the content provided? E.g. is it trustworthy?
5. Do you think the imagery used is real, or has it been photoshopped?

Case studies

In the following case studies think about

- A. Possible risks
- B. Things you could do
- C. The approach you would take
- D. Where you would go for support.

Students own thoughts on this.

- A. A teammate of yours has returned from playing overseas and tells you about the supplements he uses. He says they helped him get into shape and improved his performance. He is about to order more and tells you if you order some too it will make them cheaper for you both.
- B. Your team manager has given you some vitamins and told you to take one each morning. You don't want to refuse as you are worried that could affect your selection, but you don't know what the pills are and feel uncomfortable taking them.

Lesson 3

Year 10 - 13

Supplement risks and Food First approaches to athlete nutrition

Lesson Plan | Year 10-13

This lesson has two options depending on the most appropriate approach for your students:

- A. Our recommended option directs students to the DFSNZ e-learning platform where they create an account and complete our **'Supplement Risk Education for youth'** short course.

This course takes approx. 20 -30 minutes and equips students with an understanding of the risks involved with supplement use and to enhance performance through positive alternatives such as food-first approaches to nutrition.

START

- B. Alternatively: This course is summarised in a short video presented by our DFSNZ Athlete Educator **Tracey Lambrechts**.

Supplement Risk Education for youth

Hi and welcome to this short e-Learning course which aims to increase your awareness of the risks of supplement use. This course will only take 15 minutes and is important to your health, performance and on-going participation in sport as a clean athlete.

First, let's hear about the risks of supplement use from Eliza McCartney

