

Self-Evaluation of Two Days of Recording Hydration

/34 marks

Student Total Mark for Assignment #1:

Hydration log: / 10

Self Evaluation: /34

Total: /44

In Part 2 of this assignment, summarize your results, find key points from the course content, and record self-evaluations and comments.

- 1 mark for each complete box in the chart
- Provide thoughtful and relevant observations/reflections.
- Column 2- **points must be facts that you find in Section 2 of the course content.**

Topic	Student 2-day summary <div style="text-align: right; color: red;">/10 marks</div>			What does this course recommend? What are indicators of the topic? (Course pages in italics) <div style="text-align: right; color: red;">/10 marks</div>	Self-evaluation and comments (Give details of how you compare to the suggestions in the course, and provide any supporting comments.) <div style="text-align: right; color: red;">/10 marks</div>
Total liquids ingested (in ml)	Type of Liquid	Day 1 (mL)	Day 2 (mL)	<i>Hydrating the Athlete</i>	
	Water				
	Milk				
	Juice				
	Sports drink				

Did you meet your daily requirement of fluids?		<i>Hydrating the Athlete</i>	
Did you account for your sweat rate when drinking? Are you are a heavy sweater? Are you a salty sweater?		<i>Sweat rates</i>	
Did you experience any signs or indicators of dehydration?		<i>Dehydration</i>	
What did you drink before your activity? How much? How long before?		<i>Hydrating the Athlete</i>	

<p>What did you drink during your activity? How much?</p>		<i>Hydrating the Athlete</i>	
<p>What did you drink after your activity? How long after, and what did you drink?</p>		<i>Hydrating the Athlete</i>	
<p>Was the activity for 60 minutes? Did you drink something different than you usually would during exercise or sports?</p>		<i>Sports Drinks</i>	

Did you experience any muscle cramps during or after your activity?		<i>Muscle Cramps</i>	
Did you consume caffeine during the two days? Did this have an effect on your hydration? On your energy levels?		<i>Hydrating Fluids vs Dehydrating Fluids</i>	

Reflection Questions:

1. Explain **one** aspect of hydration that you feel you do well. (2 marks)
2. Explain **one** aspect of hydration that you would like to improve. (2 marks)

