

sports

Congratulations

Clackamas Community College

Men's Cross-Country

1982 NJCAA Nationals

runners-up

Utica, New York

Saturday, November 13

Story on front page



File Photo

Athletic nutrition, medicine comes of age

By Laura Henkes
Guest Columnist
For The Print

In this age of dieting and emphasis on a sleek, trim body, more and more persons of diverse backgrounds are participating in recreational sports as well as in school sports activities. And the field of athletic nutrition, which is still in its infancy, is responding to the needs of not only the professional athlete, but also the competitive school athlete and the person who participates in recreational physical exercise. Carolyn Knutson, chairperson of the Nutrition Department at Clackamas Community College is pioneering a class which specifically concentrates on "athletic nutrition" needs.

"I used to mountain climb," Knutson explained. She indicated that mountain climbers are concerned about what they eat the morning of the climb, in order to help them overcome altitude sickness and contribute to their endurance for the hours ahead. "I became interested in reading and studying about what people did eat," she added. Knutson feels that in the last 20 years more people have become interested in nutrition and now more are interested in learning the scientific basis for modifying food intakes.

Knutson admits that some people already have their minds made up about what is best for them, but suggests that "more people are willing to explore what research has been done and more willing to base their behavior on scientific research which includes a lot of chemical studies with athletes."

Phrases such as "carbohydrate loading," though, may initially horrify those who have been unfamiliar with competitive sports or athletic nutrition. "The body's preferred fuel is glucose or carbohydrates," Knutson explained.

Although meat and high protein diets have received significant publicity in past years, endurance sports, especially, require high carbohydrate intake which will provide a store of glucose. This can gradually be released to maintain the level of blood sugar that the brain and nerve cells need to function.

"Without the message coming to the muscles, they cannot exercise adequately. The meat just doesn't have the carbohydrate," Knutson commented. "Glucose combines to make a muscle starch called glycogen, which is a storage form of glucose."

Knutson additionally pointed out that the muscle is

mostly water. "You really only need the amount of protein in a day the equivalent of an egg or a glass of milk. Most male athletes already take in way above their needs."

Not all physical activities require a high level of carbohydrate loading, though. "Persons interested in short distance sports are not as concerned about carbohydrate loading because the sprinter runs almost the entire race without even breathing. He can burn readily available fuels for a short period of time," Knutson explained.

Knutson also cited studies in which athletes were suffering burnout between workouts; after including a reasonably high level of carbohydrate in their diets, they were able to perform better and feel better.

Knutson stresses that the way people get their carbohydrates is also important. "We would prefer that people would get their carbohydrates from starches like breads, potatoes, beans and vegetables, and sugars from fruits and vegetables," she stated. "And the reason for that is, when you consume those foods, and you consume carbohydrates in its naturally-occurring form, it carries with it a lot of vitamins and minerals."

Finding the time to eat properly is a big problem for many of us. Especially for athletes because of their lifestyles. "Snacking is highly nutritious if you eat the right foods," Knutson cautioned. In her athletic nutrition class, she stresses the practical aspect of scheduling and preparing meals.

Getting in the habit of eating regular meals is important, Knutson noted, because it maintains your blood sugar and blood nutrients throughout the day. However, she continued, eating a good hearty breakfast before school or work and a reasonably good lunch will store energy needed for after

school or after work activities or workouts.

Although athletic nutrition is still a relatively new subject, there are many facets that cannot be covered in the length of this article. Knutson feels that there is a definite need for information in this area. "People are saying 'I want to know more about this subject,'" she related. "People into athletics and fitness are eager for this information."

The athletic nutrition class, although it has attracted many physical education people, is open to anyone who is interested in expanding their knowledge in this very broad area.

Free

CLASSIFIEDS!

For All Students,
Faculty & Staff

1. Ads must be placed in person at THE PRINT office, Trailer B.
2. Ads due by Monday 10 a.m.
3. Ads run for no more than 2 weeks at a time (unless renewed in person).
4. Ads must be no longer than 20 words.
5. Student Body Card or Faculty I.D. required.
6. One ad per person per week.

(For more information stop by Trailer B, or call ext. 309, 310)

classifieds

FOR SALE: 1970-72 Nova car hood, \$50. Good condition. Call 655-5278. 11-17

STUDENT LOBBYISTS NEEDED. The A.S.G.C.C.C. is searching for students interested in lobbying on behalf of the community colleges in Oregon for 1983. Please contact Paul Nastari at Student Activities, or call ext. 247. 11-17

FOR SALE: 1972 Monte Carlo. Good Condition, \$975. Call 282-7642. 11-17f

Sports writers needed. Opportunities for writing experience and college credit. Call us at ext. 309.

WANT TO FIND Male around 20, to locate and share an apt. near college. 50/50 Call John 636-0610.

FUN! Now that I have your attention, come to the Inter Varsity Christian Fellowship meeting--Every Tuesday Noon--Randall.101. Come Fellowship with us.

WANT TO BE A FRIEND? Join the Friends of the Library. Go to the Library to pick up an application. 10-27f

WANT TO TRADE: \$396 Cassette in Dash stereo w/speakers for portable stereo + ? John at 636-0610

BEE TRIM Diet Wafers and other Pollen Products available from David Doty, 164 NW Territorial Rd., Canby, OR 266-9684 or Dean Edwards 632-6909. 11-24

FOR SALE: '67 or '68 original Mustang hubcaps-three spoke type. Fair condition. \$50 or offer. Trades considered. 829-7726 or leave message ext. 309.

HEAVY DUTY CAR TOP CARRIER. Built for Jeep Wagoneer or other large vehicle or "hunting rig." Best offer! Call after 2:30 pm. 656-8677 10-13f

1979 COURIER w/Chinook chassie mount \$4,500; 1980 Honda CX 500D, cafe faring, \$2000 1980 XR 200 dirt; \$700; 1980 XR 80 dirt, \$450. Negotiable. 774-1237

BUNK BEDS with bookcase headboards. Solid maple, includes mattresses, excellent condition. \$95 complete. 635-5602, evenings. 11-24f

Have an interest? Concern? Problem? Complaint? Just a Comment? Let us know! Write a letter to The Print. Trailer "B" or call at ext. 309, 310. Sign your letter!

TYPING, FAST SERVICE. Term paper, resumes, manuscripts, letters, editing, proofing. Reasonable rates. 657-8013 after 5:30 eve. 12-8

