

Acceptable Verbiage

FOR COACHES

How to appropriately speak with student-athletes about weight and body composition

AVOID THIS

Unacceptable Verbiage & Terminology

Direct these comments towards sports medicine/sports performance, not the student-athlete

Your goal weight is ____ lbs.

You need to watch what you eat.
Are you really going to eat all that?
Are you really going to choose THAT?

You look like you have gained/lost weight/body fat.
Your arms/stomach/etc look bigger/different.

You look better since you have been working with Sports Nutrition/Sports Performance.

You should do extra conditioning to lose excess body fat.

You need to reduce portion sizes to lose excess body fat.

You should lower your carbohydrate (or fat, or protein) intake to lose excess body fat.

You look like you have gained weight during the off-season.

You need to lose weight/body fat.
You look like you've gained weight/body fat.

SAY THIS

Acceptable Verbiage & Terminology

These comments may be directed towards the student-athlete

Sports Nutrition and Sports Performance are available to help you with goals related to body composition.

Sports Nutrition can help you find appropriate fueling strategies to meet your needs.

Sports Performance can design strength and conditioning programs to improve your fitness level and optimize your performance.

Since working with Sports Nutrition you appear to have more energy for workouts and practice.

Sports Nutrition and Sports Performance can design programs to improve your fitness and help with body composition goals.

If you have questions regarding nutrition and how it can help you, talk to your Sports RD.

Your performance on the field/court/etc is not where it has been- have you considered talking to Sports Nutrition about fueling strategies?

You seem tired/not yourself lately - have you considered talking to Sports Nutrition or Sports Medicine?

I noticed your times (or sport specific performance indicator) have been slower - have you considered talking to Sports Nutrition about fueling strategies?

