

2025—2026 学年第一学期 《大学体育》作业

_____专业 姓名_____学号_____

选项_____上课时间_____任课教师签名_____总分_____

论述题:

1. 合理的营养补充是提升运动效果、促进身体恢复的关键。请结合大学生常见的运动类型（如跑步、球类运动、力量训练），分析运动前、运动中、运动后三个阶段的营养需求特点，并说明各阶段的具体饮食建议。（不少于 400 字；50 分）

Proper nutrition is key to improving exercise performance and promoting physical recovery. Based on common types of exercise among university students (such as running, ball sports, and strength training), analyze the nutritional needs during the pre-exercise, exercise, and post-exercise phases, and provide specific dietary recommendations for each phase.(no less than 400 words) (50 points)

[illegible]

[illegible]