

CWSF 2010 - Peterborough, Ontario



Jorden Freeman

Muscle Fibre Conversion and Dietary Involvement

Division: International

Category: Senior

Region: Peace Country

City: High Level, AB

School: High Level Public School

Abstract: Athletes can no longer rely on natural abilities and hard training. The athletes must contain a healthy balance diet containing Carbohydrates, fats and, proteins which are broken down and help produce glucose and glycogen which are the energy sources for a muscle. Even though diet does not have a direct contribution to muscle conversion it plays a vital role in energy production for the muscle.

Biography

My name is Jorden Freeman I live in High Level, Alberta. I am a very active person and I participate in cross country running as well as track and field. I enjoy outdoor work rather than sitting in an office. For post secondary I am taking my first year welding for backup then taking a career in sports medicine.