

# 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?

