

**Question 11 C**

Watermelon and jelly beans are high-GI foods that are best consumed immediately after physical activity, as they refuel depleted glycogen stores. Additionally, a sports drink will assist with replacing lost electrolytes. All other options are not high GI, meaning they will provide Nikolas with a slower release of energy.

**Question 12 B**

Reliability is the ability of a test to produce consistent and repeatable results.

**Question 13 C**

Pool or beach sessions are best used 24 hours after competition.

**Question 14 D**

An increase in an individual's  $VO_2$  max is a long-term change (chronic adaptation) that occurs with training over a minimum of 6–8 weeks.

**Question 15 D**

ASADA aims to deter athletes from partaking in illegal substance and method use via education programs.