



# France

## Meeting with a nutrition specialist (contribution of science to improve sporting performance)



different  
performance  
factors



Biological (physical) factors



Technical factors (strategic)



Psychological factors



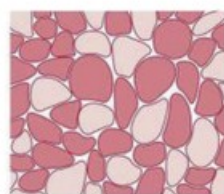
Social factors



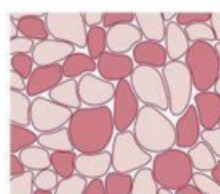
Factor of luck

### Different types of muscle fibers

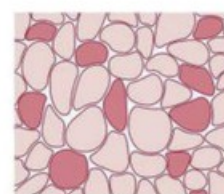
There are  
three types of  
muscle fibers:



Type I



Type IIa



Type IIb