

Please read the instructions printed at the end of this form. **One** of these sheets, suitably completed, should be attached to the assessed work of **each** candidate.

<b>Unit Title</b>	<b>Sports Nutrition</b>			<b>Unit Code</b>	<b>R045</b>	<b>Session</b>	Jan / June	<b>Year</b>	<b>2</b>	<b>0</b>		
<b>Centre Name</b>							<b>Centre Number</b>					
<b>Candidate Name</b>							<b>Candidate Number</b>					
<b>Criteria</b>							<b>Teacher Comments</b>		<b>Mark</b>	<b>Page No.</b>		
<b>LO1: Know about the nutrients needed for a healthy, balanced diet</b>												
<b>MB1: 1 - 3 marks</b>		<b>MB2: 4 - 6 marks</b>		<b>MB3: 7 - 9 marks</b>								
<b>Identifies some</b> of the characteristics of a balanced diet. Provides a <b>limited description</b> of what nutrients are and their role within a healthy balanced diet, giving a <b>limited range</b> of examples of food sources of nutrients.  <p style="text-align: right;">[1 2 3]</p>		<b>Briefly describes most</b> of the characteristics of a balanced diet. <b>Describes in detail</b> what nutrients are and their role within a healthy balanced diet, giving a <b>range</b> of examples of food sources of nutrients.  <p style="text-align: right;">[4 5 6]</p>		<b>Describes in detail all</b> of the characteristics of a balanced diet. <b>Comprehensively describes</b> what nutrients are and their role within a healthy balanced diet, giving a <b>wide range</b> of examples of food sources of nutrients.  <p style="text-align: right;">[7 8 9]</p>								
<b>LO2: Understand the importance of nutrition in sport</b>												
<b>MB1: 1 - 2 marks</b>		<b>MB2: 3 - 4 marks</b>		<b>MB3: 5 - 6 marks</b>								
<b>Outlines</b> the importance of nutrition before, during and after exercise.  <p style="text-align: right;">[1 2]</p>		<b>Describes</b> the importance of nutrition before, during and after exercise.  <p style="text-align: right;">[3 4]</p>		<b>Explains in detail</b> the importance of nutrition before, during and after exercise.  <p style="text-align: right;">[5 6]</p>								
<b>MB1: 1 - 2 marks</b>		<b>MB2: 3 - 4 marks</b>		<b>MB3: 5 - 6 marks</b>								
<b>Identifies a limited range</b> of different activity types and <b>outlines basic</b> dietary requirements for these. Matching of different needs with different activities <b>lacks accuracy</b> .  <p style="text-align: right;">[1 2]</p>		<b>Identifies a range</b> of different activity types and <b>describes basic</b> dietary requirements for these, matching different needs with different activities with <b>some accuracy</b> .  <p style="text-align: right;">[3 4]</p>		<b>Identifies a wide range</b> of different activity types and <b>explains</b> dietary requirements for these, <b>accurately</b> matching different needs with different activities.  <p style="text-align: right;">[5 6]</p>								

Criteria			Teacher Comments	Mark	Page No.
<b>MB1: 1 - 2 marks</b>	<b>MB2: 3 - 4 marks</b>	<b>MB3: 5 - 6 marks</b>			
<b>Briefly describes</b> the use of dietary supplements with <b>limited</b> reference to why they are used in sport. Shows a <b>limited awareness</b> of issues associated with their use.  [1 2]	<b>Describes</b> the use of dietary supplements with <b>clear</b> reference to why they are used in sport. Shows <b>some understanding</b> of issues associated with their use.  [3 4]	<b>Explains</b> the use of dietary supplements with <b>detailed</b> reference to why they are used in sport. Shows <b>well developed understanding</b> of issues associated with their use.  [5 6]			
<b>LO3: Know about the effects of a poor diet on sports performance and participation</b>					
<b>MB1: 1 mark</b>	<b>MB2: 2 marks</b>	<b>MB3: 3 marks</b>			
Definition of malnutrition is <b>limited</b> .  [1]	Definition of malnutrition is <b>accurate with some detail</b> .  [2]	Definition of malnutrition is <b>accurate and detailed</b> .  [3]			
<b>MB1: 1 - 4 marks</b>	<b>MB2: 5 - 8 marks</b>	<b>MB3: 9 - 12 marks</b>			
<b>Outlines</b> the effects of over-eating, under-eating and dehydration using <b>limited</b> reference to sports performance and participation.  Draws upon <b>limited</b> skills/knowledge/understanding from other units in the specification.  [1 2 3 4]	<b>Describes</b> the effects of over-eating, under-eating and dehydration using <b>some clear</b> reference to sports performance and participation.  Draws upon <b>some relevant</b> skills/knowledge/understanding from other units in the specification.  [5 6 7 8]	<b>Explains in detail</b> the effects of over-eating, under-eating and dehydration with <b>clear and specific</b> reference to sports performance and participation.  <b>Clearly</b> draws upon <b>relevant</b> skills/knowledge/understanding from other units in the specification.  [9 10 11 12]			

LO4: Be able to develop diet plans for performers						
MB1: 1 - 4 marks	MB2: 5 - 8 marks	MB3: 9 - 12 marks				
The plan meets <b>few</b> of the specific needs and requirements identified in the aims. Needs some individual support to design the diet plan.  [1 2 3 4]	The diet plan meets <b>many</b> of the specific needs and requirements identified in the aims. May need <b>minimal</b> individual support to design the diet plan.  [5 6 7 8]	The diet plan meets <b>all</b> of the specific needs and requirements identified in the aims. The diet plan is designed <b>independently</b> .  [9 10 11 12]				
MB1: 1 - 2 marks	MB2: 3 - 4 marks	MB3: 5 - 6 marks				
Evaluation is <b>brief</b> , with <b>limited</b> reflection on the design and completion of the diet plan; suggestions for improvement are general rather than specific.  [1 2]	Evaluation is <b>detailed</b> and reflects upon <b>many</b> aspects of the design and completion of the diet plan.  Ideas for improvement are <b>mostly relevant</b> and <b>considered</b> .  [3 4]	Evaluation is <b>comprehensive</b> and reflects upon <b>most</b> aspects of the design and completion of the diet plan.  Ideas for improvement are <b>specific</b> and <b>justified</b> .  [5 6]				
				<b>Total/60</b>		
If this is a re-sit, please tick		Session and Year of previous submission	Jan / June	<b>2</b>	<b>0</b>	Please tick to indicate this work has been standardised internally

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).

### Guidance on Completion of this Form

- 1 **One** sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 5 Add the marks for the strands together to give a total out of 60. Enter this total in the relevant box.