



Accredited

OCR LEVEL 2 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

NUTRITION FOR SPORTS PERFORMANCE

H/502/5525

LEVEL 2 UNIT 4

GUIDED LEARNING HOURS: 60

UNIT CREDIT VALUE: 10



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LEVEL 2

AIM OF THE UNIT

Having the correct diet is as essential to a sports performer as having the right equipment or the right training plan. If a performer doesn't have an appropriate diet then they will find it almost impossible to maintain a high level of performance. The aim of this unit is to enable learners to explore the nutritional requirements of their chosen sport and to assess the strengths and areas for improvement in their own diet, in relation to sport.

PURPOSE OF THE UNIT

Good nutrition is a major factor in successful sports performance and completion of this unit will enable the learner to examine the links between diet and the demands of a sporting regime e.g. training and competition. The learner will be able to investigate the specific nutritional requirements of their chosen sport and use this information to analyse their current diet. By making use of this information, they will be able to develop a personal nutritional strategy to suit the needs of their chosen sport. This strategy should include information about macro and micro nutrient needs, as well as the importance of good hydration.

ASSESSMENT AND GRADING CRITERIA

Learning Outcome (LO) The learner will:	Pass The assessment criteria are the pass requirements for this unit. The learner can:	Merit To achieve a merit the evidence must show that, in addition to the pass criteria, the learner is able to:	Distinction To achieve a distinction the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
1 Know the nutritional requirements of a selected sport	P1 describe the nutritional requirements of a selected sport	M1 compare the strengths and areas for improvement of own diet with the nutritional requirements of a selected sport	
2 Be able to assess own diet	P2 collect and collate information on own diet for two weeks P3 describe the strengths of own diet and identify areas for improvement		
3 Be able to plan a personal nutritional strategy	P4 create a personal nutritional strategy, designed and agreed with an adviser	M2 produce suitable meal plans based on a personal nutritional strategy	D1 evaluate meal plans based on a personal nutritional strategy
4 Be able to implement and review a personal nutritional strategy	P5 implement a personal nutritional strategy P6 describe the strengths of the personal nutritional strategy and identify areas for improvement		

TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

LO1 Know the nutritional requirements of a selected sport

Nutrients: i.e. macro nutrients i.e. carbohydrates, fat, protein, water; micro nutrients i.e. vitamins, minerals; functions and dietary sources.

Healthy diet: i.e. balance of nutrients required for good health; methods of food preparation; importance (e.g. general health and fitness, energy levels, training and competition performance).

Sports-specific requirements: i.e. nutrition required for a chosen sport before, during and after training and competition; during rest periods; supplements; hydration; energy intake; meal planning.

Meal plans: (e.g. types and amounts of foods and drinks, preparation methods).

Adviser: (e.g. coaching staff, nutritionists, tutors).

LO4 Be able to implement and review a personal nutritional strategy

Implement: i.e. follow a personal nutritional strategy and maintain a food diary.

Monitor and review: i.e. is the nutritional strategy meeting need? how the nutritional strategy fits in with likes, dislikes and lifestyle, cost, results (e.g. energy levels, weight gain or loss, sports performance), suggest changes to strategy as required.

LO2 Be able to assess own diet

Collecting and recording information: (e.g. food diaries, types and amounts of food and drink consumed, times of meals and snacks).

Assess: (e.g. comparison with nutritional guidelines, complete paper-based calculations, use dietary analysis software).

Strengths and areas for improvement: i.e. related to sports performance and training (e.g. eating different quantities of food, altering the balance of specific food groups consumed, eating at different times, using different food preparation methods such as steaming rather than boiling, grilling rather than frying, drinking more fluid or drinking different types of fluid).

LO3 Be able to plan a personal nutritional strategy

Nutritional strategy: (e.g. well balanced diet, rehydration, preparation methods, quantity, timing, energy intake, avoidance of substances that have a negative impact, supplementation (energy bars, vitamin and mineral supplements, creatine, protein powders)).

DELIVERY GUIDANCE

This unit is centre-assessed and externally moderated. In order to achieve this unit the learner must produce a portfolio of evidence showing that they can meet all of the assessment objectives.

Portfolios of work must be produced independently.

Learners should underpin theoretical knowledge with practical activity in order to be able to identify situations where key components are in action.

The required anatomical and physiological information relating to this unit can be studied within textbooks, DVD's, and various websites as well as by undertaking specific practical exercises.

LO1 Learners will be required to investigate the nutritional demands and energy requirements of a selected sport. The main components of a healthy and balanced diet should be introduced by tutors, including sources of the main food groups, healthy eating guidelines and the relationship between sports performance and nutrition. Learners can carry out activities where they identify the main nutrient(s) in a range of different foods. This could be carried out by examining the nutrition labels displayed on a range of foods and comparing them.

Tutors will need to cover pre- and post-training and competition, rest periods and hydration when explaining sports-specific nutritional requirements. The energy requirements and nutritional requirements of different sports could be investigated by looking at diet plans for a range of sports people. Learners can carry out group or individual research to investigate the benefits and drawbacks of a range of nutritional supplements. Using the knowledge gained, the learners can then produce meal plans which meet the needs of a chosen sport.

LO2 Learners need to be able to assess their own diet. Tutors will need to ensure that learners are clear about the range and types of information a food diary should contain. Learners are required to complete a food diary for a period of two weeks. The diary will be a record of all food and drink consumed over the period and will be used to compare with recommended dietary guidelines. Learners should be introduced to paper-based and electronic methods of analysing dietary information. If centres do not have access to dietary analysis software it is acceptable for learners to use paper based analysis only. Learners can investigate and

discuss diets designed for sports participants, in order to help them identify the strengths and areas for improvement of their current diet.

LO3 Learners need to understand how to plan a personal nutritional strategy. Tutors need to outline the format of a nutritional strategy which should include a balance of nutrients, fluid intake, rehydration, preparation methods, quantities, timing of meals, energy intake, avoidance of substances that have a negative impact and supplementation. Learners would benefit from seeing examples of nutritional strategies for elite and professional performers. Tutors need to ensure that learners are aware of who can help them devise a personal nutritional strategy, such as sports coaches and nutritionists. Learners will then be able to plan their own nutritional strategy with support. The aim of producing the personal nutritional strategy is to allow the learner to improve their diet and lifestyle.

LO4 The final part of the unit requires learners to implement and review their personal nutritional strategy. The learner should implement the strategy for a period of two weeks and record their progress. Learners are then required to review the strengths and areas for improvement within the strategy.

The input of relevant guest speakers would provide a valuable addition to the delivery of this unit.

GUIDANCE ON ASSESSING THE SUGGESTED TASKS

The table below shows suggested scenarios that cover the pass, merit and distinction criteria in the assessment and grading grid.

LO1 Learners must know the nutritional requirements of a selected sport. The learner needs to include information about macro and micro nutrients, their sources and their relationship to a healthy, balanced diet. Detail about the nutritional requirements of a selected sport should include food groups, quantities required, methods of preparation and fluid intake.

LO2 Learners must be able to assess own diet. They must produce a two week food diary or log. This diary will be used to produce evidence for P3, where the learner must describe the strengths of their own diet and identify areas for improvement. For M1 the learner will need to expand on the strengths and areas for improvement and compare them with the nutritional requirements of their chosen sport.

LO3 Learners must be able to plan a personal nutritional

strategy. This can be achieved with tutor support, if necessary.

LO4 Learners must be able to implement and review a personal nutritional strategy. To achieve P5 the learner must follow the strategy and record their progress. For P6 the learner must review the strategy, describing strengths and identifying any areas for improvement. M2 expands on P6 and requires the learner to produce suitable meal plans for two weeks, based on the identified strengths and areas for improvement. For D1 the learner is required to evaluate their meal plans, they should implement, monitor and review the suitability of their two week meal plans and make specific recommendations for further improvement to the strategy. Learners should be encouraged to complete food diaries to record their progress and aid their evaluation of the meal plans.

Criteria	Assignment title	Scenario	Assessment
P1, P2, P3, M1 and D1	Nutritional requirements for sport and diet assessment.	Your sports coach has asked you to investigate your own diet so that you can check that you are consuming the correct nutrients required for training and participating successfully in your chosen sport. You will first need to describe the nutritional requirements of your chosen sport and then complete a two week food diary, which you will then evaluate.	Written document. Completion of a two week food diary. Written report. Meal plans.
P4, P5, P6, M2 and D2	Personal Nutrition Strategy.	Based on the results of your diet assessment, your sports coach has asked you to produce a personal nutrition strategy. Create, follow and review an individual nutrition strategy which includes meal plans for two weeks.	Completion of a two week personal nutrition strategy, including meal plans. Presentation and witness statement.

RESOURCES

Books

- Adams M, Beashel P, Hancock J, Harris B, Phillippo P, Sergison A and Taylor I – *BTEC Level 2 First Sport Student Book* (Pearson, January 2010) ISBN 9781846906220
- Bean A – *Food for Fitness* (A&C Black, 2008) ISBN 9780713681284
- Bean A – *Sports Supplements* (A&C Black, 2007) ISBN 9780713682595
- Burke L – *Practical Sports Nutrition* (Human Kinetics, 2007) ISBN 9780736046954
- Griffin J – *Food for Sport, Eat Well, Perform Better* (Crowood, 2001) ISBN 9781861262165
- HMSO – *Manual of Nutrition, 11th Edition* (TSO, 2008) ISBN 9780112431169
- Karinch M – *Diets Designed for Athletes* (Human Kinetics, 2001) ISBN 9780736038348
- Larson-Meyer D E – *Vegetarian Sports Nutrition* (Human Kinetics, 2006) ISBN 9780736063616
- Manore M et al – *Sport Nutrition for Health and Performance* (Human Kinetics, 2000) ISBN 9780873229395
- Meltzer S and Fuller C – *Complete Book of Sports Nutrition* (New Holland, 2007) ISBN 9781845370817
- Rinzler C A – *Nutrition for Dummies, 4th Edition* (Wiley, 2006) ISBN 9780471798682
- Thandani S – *Kids Football Fitness* (A&C Black, 2008) ISBN 9781408105733

Websites

- British Nutrition Foundation www.nutrition-org.uk
- Food Standards Agency www.foodstandards.gov.uk
- National Health Service Choices www.nhs.uk/livewell
- BBC www.bbc.co.uk/health/
- Nutritional Analysis Tool – Food Science and Human Nutrition Department at the University of Illinois
<http://www.myfoodrecord.com/mainnat.html>

MAPPING WITHIN THE QUALIFICATION TO THE OTHER UNITS

Unit 3: Fitness Testing and Training

Unit 7: Effects of Exercise on the Body Systems



CONTACT US

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