



Nutrition for sports performance

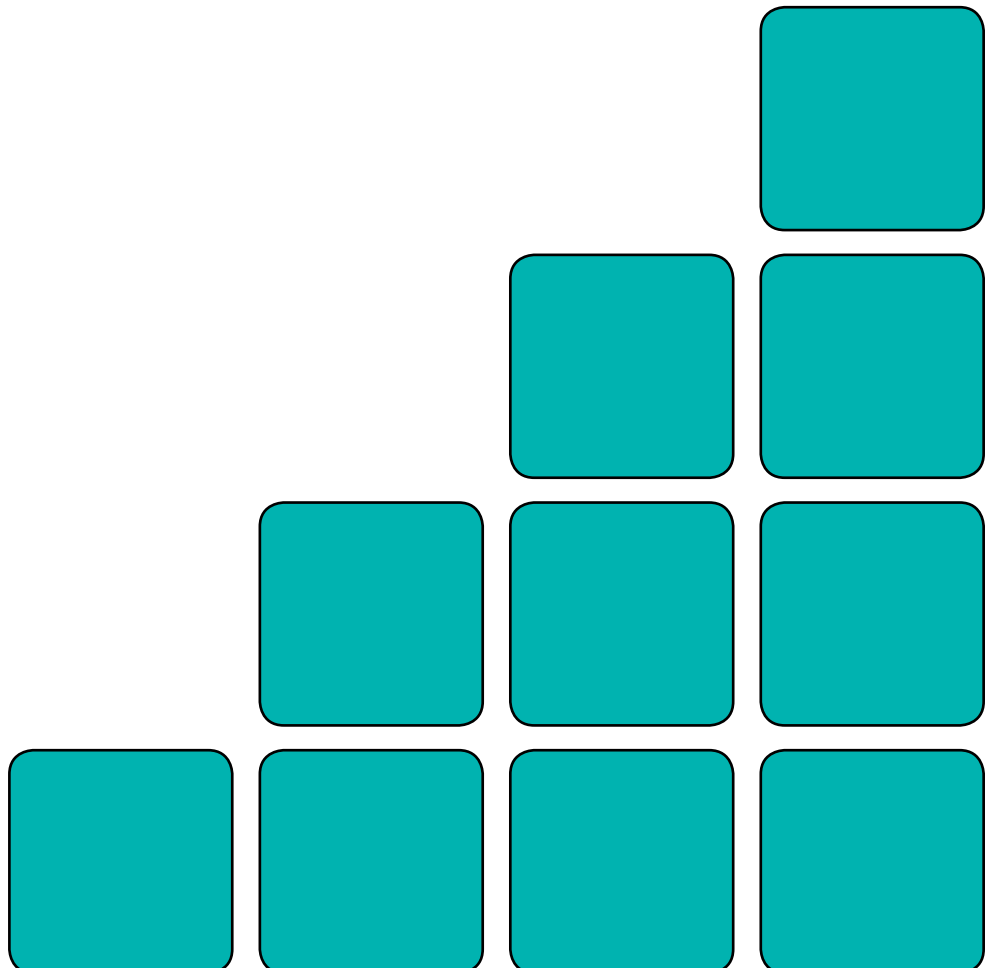
UV21532

H/502/5525

Learner name:

Learner number:

VRQ



UV21532

Nutrition for sports performance

The aim of this unit is to develop your knowledge and understanding of the nutritional requirements needed for specific sports to maximise and enhance performance.

You will be able to assess your own diet, identifying strengths and areas of improvement and use this information to plan, implement and review a personal nutrition strategy.

Level

2

Credit value

10

GLH

60

Observation(s)

0

External paper(s)

0



Nutrition for sports performance

Learning outcomes

On completion of this unit you will:

1. Know the nutritional requirements of a selected sport
2. Be able to assess own diet
3. Be able to plan a personal nutrition strategy
4. Be able to implement and review a personal nutrition strategy

Evidence requirements

1. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
There is no external paper requirement for this unit.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Know the nutritional requirements of a selected sport

You can:

Portfolio reference

a. Describe the nutritional requirements of a selected sport



Learning outcome 2

Be able to assess own diet

You can:	Portfolio reference
a. Collect and collate information on own diet for two weeks	
b. Describe the strengths of own diet and identify areas for improvement	



Learning outcome 3

Be able to plan a personal nutrition strategy

You can:

Portfolio reference

- a. Create a personal nutrition strategy, designed and agreed with an adviser



Learning outcome 4

Be able to implement and review a personal nutrition strategy

You can:	Portfolio reference
a. Implement a personal nutrition strategy	
b. Describe the strengths of the personal nutrition strategy and identify areas for improvement	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Know the nutritional requirements of a selected sport

Nutrients: Carbohydrates, fats, proteins, water, vitamins, minerals, functions of nutrients, dietary sources of nutrients, healthy eating guidelines.

Nutritional requirements: For different sport categories (e.g. field sports,

endurance sports, strength and power sports), nutrition and hydration before, during and after training/competition, nutritional supplements, energy balance, weight management.

Learning outcome 2: Be able to assess own diet

Collecting and collating information: Daily food diary (e.g. timing, type, amount, method of cooking, mood after eating), ways to record information (e.g. paper diary, computer-based spreadsheet), assessing own diet (e.g. comparison with guidelines, energy intake calculations, dietary analysis software).

Strengths and areas for improvement: For example quantity of food and drink consumed, energy intake, balance of nutrients consumed, timing of food and drink intake, food preparation or method of cooking.

Learning outcome 3: Be able to plan a personal nutrition strategy

Nutritional strategy: Energy intake, quantity of food, balance of nutrients, food preparation, hydration, timing of food and drink intake, nutrition supplementation, meal planning, before, during and after training/competition, agreeing with an adviser (e.g. coaching staff, nutritionists, tutors).



Learning outcome 4: Be able to implement and review a personal nutrition strategy

Implement: Before, during and after training/competition, follow the nutritional strategy over a period of two weeks, keep a daily food diary.

Strengths and areas for improvement: For example effect on energy levels, effect on mood, effect on training and competition performance, ease of implementation, food likes and dislikes, costs.