Cambridge National Sports Science Level ½ (J802, J812)

OCR

Unit: RO45

Sports Nutrition

Task objective:

* Understand the importance of a healthy, balanced diet and produce an effective diet plan for a sport performer.

1. LO1: Know about the nutrients needed for a healthy, balanced diet
2. LO2: Understand the importance of nutrition in sport
3. LO3: Know about the effects of a poor diet on sports performance and participation
4. LO4: Be able to develop diet plans for performers

Presentation of your work:

* All the work that you complete needs to be in font Arial and font size 12 (no bigger and no smaller).
* After each completed piece of work remember to save your work.
* On a word document press ‘insert’ at the top left and add in the page number to sit at the bottom of the page
* You must clearly include the following sections in your coursework and they must be in this order:
* A screenshot of a cell phone

  Description automatically generated

You must clearly include the following sections in your coursework and they must be in this order:

**Check list**

1. Front cover

2. Contents page

3. Introduction

4. LO1: Know about the nutrients needed for a healthy, balanced diet

5. LO2: Understand the importance of nutrition in sport

6. LO3: Know about the effects of a poor diet on sports performance and participation

7. LO4: Be able to develop diet plans for performers

8. Summary

9. References (I have included a full reference list staring where I get any information from. This includes pictures/definitions. A good reference list will get you higher marks)

 

**1. Front Cover –**

The front cover is important as it lists your centre number, centre name, your name, your candidate number, examination board, the specification and assignment title.

Centre number: ………………………………..

Centre name: **Oasis Academy Southbank**

Student full name: ………………………………..

Candidate number: ………………………………..

Exam Board: **OCR**

Course: Cambridge National **Sport Science Level 1/2 (J802, J812)**

Specification unit code: **R045**

Assignment title: **Sports Nutrition**

**2. Content page**

For example – What are on these pages?

*Contents page:*

*Page 1...?*

*Page 2...?*

*Page 3...?*

Introduction: What is this coursework about

 ……………………………………………………………………………………………………………………………………….

**Learning Objective 1: Know about the nutrients needed for a healthy, balanced diet**

**CHANGE THESE TITLES TO YOUR OWN WORDS**

**Describe what is a healthy/balanced diet?**   
Include: - a definition. – eatwell guide explanation – 4 characteristics

**Why do you need to eat food? Refer to the following factors in your answer:  
- Balanced diet - Basal Metabolic Rate**

**- Energy balance** **- Nutritional requirements (6 factors)**

What nutrients are

**What are nutrients?** Include-nutrient examples– 2 categories of nutrients and explanation

The role of nutrients in a healthy, balanced diet

**Describe carbohydrates.** Include: Definition, Role, Simple and Complex, Sources

**Describe fats. Include: Definition, Role in body, saturated vs unsaturated, sources.**

**Describe proteins. Include: Definition, Role, Sources**

**Describe fibre. Include: Definition, Role, Sources**

**Describe water?** **Include: Definition, Role, Sources**

**Describe vitamins and minerals?** **Include: Definition, Role, Sources**

\*RESEARCH (include reference and save link at the end of your coursework)

Balanced diet of a (insert type of athlete for your sport e.g. footballer/ sprinter/ rower/ gymnast/ netballer/ swimmer, etc) – include how much of each nutrient should be in the diet.

**Learning Objective 2: Understand the importance of nutrition in sport**

The importance of nutrition before, during and after exercise, i.e.

**Describe the importance of nutrition before exercise?**

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**Describe the importance of nutrition during exercise?**

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**Describe the importance of nutrition after exercise?**

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The reasons for the varying dietary requirements of different activity types, i.e.

**What reasons might a (insert type of athlete) vary their dietary requirements?**

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**How will this differ to the dietary requirements of other sports?**

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* endurance/aerobic activities (e.g. marathon running, cross country skiing)

**Describe a (insert type of athlete)’s dietary requirement to maintain aerobic endurance for their sport?**

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* short, intense/anaerobic activities (e.g. 400m swim, a game of basketball)

**Describe a (insert type of athlete)’s dietary requirement to maintain anaerobic endurance for their sport?**

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* strength based activities (e.g. weightlifting)

**Describe a (insert type of athlete)’s dietary requirement for strength-based activities for their sport?**

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The use of dietary supplements, i.e.

* definition of dietary supplements

**Define ‘dietary supplements’?**

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* types of dietary supplements used in sport

**Name the different types of supplements used in sport?**

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* why they are used in sport (e.g. speed up recovery, increased energy, speed up the burn off of fat)

**Why are these supplements used in sports?**

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* issues associated with the use of supplements (e.g. confusion over which are/are not allowed in sport, links to potential health risks/injuries).

**What risks does the use of these supplements pose?**

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**Learning Objective 3: Know about the effects of a poor diet on sports performance and participation**

The definition of malnutrition

**Define malnutrition?**

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The effects of over-eating on sports performance and participation, i.e.

**What are the effects of over-eating on sports performance?**

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The effects of under eating on sports performance and participation, i.e.

**What are the effects of under-eating on sports performance?**

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The effects of dehydration on sports performance and participation, i.e. o you can overheat leading to heat stroke

**What are the effects of dehydration on sports performance?**

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**Learning Objective 4: Be able to develop diet plans for performers**

How to design a diet plan, i.e.

* gather details about the performer that the diet plan is for (e.g. age, gender, any allergies or religious beliefs, food budget, cooking skill, the type of activity they perform in)
* clarify the aims of the diet plan
* set realistic goals which can be measure
* the time of the year
* duration of the diet plan
* suitability of diet plan
* organisation of diet plan

**Details of the performer that the diet plan is for…………**

* **Age ………………**
* **Gender ………………**
* **Allergies ………………**
* **Religious beliefs ………………**
* **Food budget ………………**
* **Cooking skill ………………**
* **The type of activity they perform in (name sports) ………………**
* **Aims of the diet plan (e.g. to lose weight, to increase length of time for which they can train prior to taking part in an event, etc) ………………**
* **Goals (e.g. to lose 2 pounds per week) ………………**
* **The time of the year (e.g. is the performer training for an event, is it off season, what fruit and vegetables are available at that time of year)? ………………**
* **Duration of the diet plan (two weeks, 4 weeks, 6 weeks, etc)? ………………**
* **Organisation of diet plan (e.g. meals scheduled for set intervals, timing of a meal fits around other activities) ………………**

How to evaluate the effectiveness of the diet plan, i.e.

* recording the outcomes objectively (e.g. measuring weight, diaries/journals of plan put into
* recording the outcomes subjectively (e.g. interviewing performer - is training feeling easier?, Are you more tired after training?, Are you bored with eating the same things?)
* improvement (e.g. increase the number of meals but reduce the portion size).

**Design a diet plan (use template below or adapt for higher marks)**

**2 week diet plan for a (insert type of sport/athlete)**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast 07.30** | **Lunch 12.30** | **Dinner 18.00** | **Snack** | **Drinks** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday (match day)** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast 07.30** | **Lunch 12.30** | **Dinner 18.00** | **Snack** | **Drinks** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday (match day)** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |

**How can you make the diet plan meets all of the specific needs and requirements identified in the aims?**

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**Has your diet plan been is designed independently ?**

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**Evaluation your diet plan and reflects upon most aspects of the design and completion of the diet plan?**

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**How will you improve your diet plan (be specific and justified your answer)?**

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**Conclusion (what have I learnt from this coursework about Sports Nutrition)**

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**References**

* I have included a full reference list staring where I get any information from. This includes pictures/definitions. A good reference list will get you higher marks.

**References (list of links to information (website, books, articles, etc) – in Alphatical order**

**How:**

**“Author surname, authors initials (Year of article), *Name of book/article,website [Online]. Available \*link to website\* (date found)”***

**E.g. Mitchell, J.A. (2017) *How and when to reference* [Online]. Available at:**[**https://www.howandwhentoreference.com/**](https://www.howandwhentoreference.com/APAcitation)**(Accessed: 27 May 2017)**

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