

RSPH Level 4 Certificate in Nutrition for Physical Activity and Sport

Unit Nut 4.3 Nutrition for Physical Activity and Sport (Reference No. L/504/4246)

Assignment

GREAT NORTH RUN

It is January and you have been approached as a coach with an interest in nutrition by a group who wish to do the great North Run. This is held in September, near Newcastle and covers 13 miles. The pace is varied with some people running and others walking or doing a mixture. The group has already secured places and have started training by walking. They all live in Bedfordshire some distance away from the run.

For the week prior the run they have booked a cottage near Newcastle and want you to advise them on what to eat then and during training. They are all keen to complete the run as they are raising money for a local hospice where close family members have been cared for.

The group consists of 6 people. All of the group are working in administrative positions.

- Fred who is 65 years old and used to run regularly. He has competed in Marathons many times. He remains very fit.**
 - Ellen his wife who was extremely obese but has now reduced her weight from a BMI of over 40 to one of 35. She is 63 years old**
 - Priti who is Ellen's friend. She is quite fit and is a strict Muslim. She is 58years old.**
 - Amrit and Shan who are Priti's twin sons who are 20 years old, fit and slim. They are also strict Muslims.**
 - Anne who is Fred and Ellen's daughter and lives with them. She is 26 years old slim and fit and has competed with her father in the past.**
1. Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for these individuals. You should highlight any differences between them and include reference to their energy and hydration needs.
 2. How could the energy requirements of the members of this group be estimated?
 3. Due to some contacts you have you are given the opportunity to take the group to an exercise laboratory at the local university. How could you use this opportunity to determine the energy requirements of the group more accurately?

4. Develop a dietary regime for the group to follow within their own home. The regime must cover all their nutritional and energy requirements while allowing them flexibility of choice. It should also provide guidance on preparation methods.

During the Summer months before the event Ramadan will occur and this needs to be considered and the diet adapted.

5. Explain how your dietary regime and preparation methods fulfil the nutritional and energy requirements of the group.
6. Some of the group who are worried about their fitness are considering the use of performance enhancing products. Produce a fact-sheet to give to the group that covers the pros and cons of these products and recommendations for their use.
7. For the period when they are staying in the cottage devise three complete day's menus, one for the first full day in the cottage, one for the day prior to the event and one for the day following the event.

As the families want to keep things simple devise menus that everyone can eat to save extra cooking

You should explain how your menus meet the different requirements relating to training, competition (the run) and recovery and indicate how the menus can be adapted for individual requirements.

When carrying out this assignment, candidates should ensure they refer to the learning outcomes, assessment criteria and content contained in the qualification specification.

Coverage of Learning Outcome and Assessment Criteria

The table below shows how the assignment provides candidates with opportunities to provide evidence for each of the assessment criteria for this unit. This list is not exhaustive; candidates may provide evidence for meeting the assessment criteria from other parts of their completed assignment.

Assessment Criterion	Possible Evidence
1.1 Assess the macro and micro nutrient requirements for different physical activities and sports	Task 1, 4, 5, 7
1.2 Define the role of nutrients in energy production	Task 1, 4, 7
1.3 Identify internal energy reserves and their roles during exercise	Task 1, 4, 7 (Candidates can explain how particular nutrients can be used to build up energy stores prior to activity and restore depleted reserves as part of their recovery phase)
1.4 Develop optimal hydration guidelines for participants in different physical activities and sports	Task 1, 7
2.1 Explain how to estimate energy requirements based on physical activity levels and other relevant factors	Task 2, 3
2.2 Identify energy expenditure and nutrient use for different physical activities	Task 1, 5, 7
3.1 Develop a nutritional strategy for participants to improve performance	Task 4, 7
3.2 Evaluate the use of performance enhancing products and sports drinks in nutritional planning for participants in sports and physical activity	Task 6