

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

RIDERS

You own a riding school and have a number of adult women riders and all are keen to compete. As a part time nutritionist you have been asked to advise on their food.

Three will be competing in a charity cross-country ride, which takes 4 hours.

Three others will be competing in jumping competitions at an agricultural show.

All of the women have families including a partner and between 2 to 4 children of school age and all also work either full or part time. Their ages range from 24-42 years they are all fit and have a BMI of 22-25. They are all involved in caring for their horses. This is usually undertaken around 7am in the morning. Riding then occurs in the evening and at weekends.

1. Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for the riders. You should highlight any differences between the individuals and include reference to their energy and hydration needs.
2. Outline the methods which could be used to estimate the energy requirements of the riders
3. You have a friend who works for a professional football club. He has arranged for your riders to visit the club's training ground and take advantage of some of their facilities. How could you use this opportunity to determine the energy requirements of some of your riders 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. Due to family commitments it must be child friendly and simple to cook.
5. Explain how your dietary regime and preparation methods fulfil the nutritional and energy requirements of your team members.
6. One of the riders has heard that other teams are using performance enhancing products and wonders if they should also use these products. Produce a fact-

sheet to give to the riders that covers the pros and cons of these products and recommendations for their use.

7. For the events the women drive their horses and horseboxes to the venues. One of their partners also takes a motorised caravan to the events, which enables them to prepare and cook their own food.

You must devise three complete day's menus,

- one for the day preceding the riding event which is simple to follow at home
- one for the day of the jumping event
- one for the day of the cross country event

The competitions on the day are finished by 4 o'clock, but the riders will have a meal following their event before leaving.

You should explain how your menus meet the different requirements relating to training, competition and recovery and indicate how the menus can be adapted for the different requirements of all the riders.

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
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