

## **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**

#### **TAI QUAN DO**

**You are a coach for an after school group who do tai quan do. On average they train on 3 days a week for 2 hours. At weekends you take them in the school minibus to watch competitions.**

**They will be competing in their first competition in 4 weeks time. Due to the expense they will travel to this competition in the minibus and food must be provided by the school as packed meals.**

**The group is in a deprived multicultural area. All of the members are aged 15 years and have done the sport for 4 years. They are very talented. All have devoted parents who are keen to see them succeed and live at home. Most of the parents are on low incomes.**

**Two of the boys are strict Muslim, two are Chinese boys and two are Polish girls. The latter two do not follow cultural diets.**

1. Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for this group. You should highlight any differences between the individuals in the group and include reference to their energy and hydration needs.
2. Outline the methods which could be used to estimate the energy requirements of the group.
3. Due to some contacts you have you are given the opportunity to take your group on a tour of a university nutrition and physiology department and take advantage of some of their facilities. How could you use this opportunity to determine the energy requirements of some of your 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 and must be inexpensive.
5. Explain how your dietary regime and preparation methods fulfil the nutritional and energy requirements of your team members.
6. Some of the parents are concerned about whether or not performance enhancing products should be used. Produce a fact-sheet to give to the parents

that covers the pros and cons of these products and recommendations for their use.

7. For the competition, devise menus (including drinks) for three full days.
  - one for the day preceding the competition which is simple to follow at home
  - one for the day of the competition: this must include breakfast at home, snacks and lunch in the minibus. You should also advise the caterers at the event on what to prepare for the meal following the competition. Snacks are also required for the journey home.
  - one for the day after the competition which is easy to prepare at home.

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 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
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