

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

FOOTBALL

You are a coach for two youth football teams. One is a girls' team and the other is for boys. Age ranges are 14-15 years. One girl is a vegetarian and one of the boys a Hindu, whose family are mainly vegetarian but also do not eat eggs or hard cheese.

They will be competing in the county league, which starts in one month. These are local matches within a radius of 60 miles and they go to them in minibuses. They do not stay away.

1. Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for these footballers. You should highlight any differences between the two teams and include reference to the energy and hydration needs of the footballers.
2. Outline the methods which could be used to estimate the energy requirements of the footballers.
3. Due to some contacts you have you are given the opportunity to take your teams on a tour of a professional football club and take advantage of some of their facilities. How could you use this opportunity to determine the energy requirements of some of your team members 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 fit in with the family eating pattern.
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 league games, which are on Saturday afternoons, devise menus (including drinks) for three full days.
 - one for the day preceding the match which is simple to follow at home

- one for the day of the match: this must include breakfast at home, food to carry in the minibus to eat before and during the match plus a meal afterwards which will be prepared by caterers according to your instructions and food for on the way home in the minibus
- one for the day after the match.

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 player 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