

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.)

Marking Guidelines

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.

Nutrient requirements should include carbohydrates, fats and protein. DRVs should relate to age of team members and different requirements for the two types of event. Key micronutrients should also be covered to include key minerals and vitamins.

Energy and hydration needs should relate to required calorie levels for individuals of their age who are physically active. Mention should also be made of any need to build up energy stores

2. Outline the methods which could be used to estimate the energy requirements of the riders

Should cover determination of individual BMIs and use of tables.

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?

Accurate measurement of energy expenditure, eg by spirometry, use of treadmills etc.

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.

Should be able to cross-reference foods in diet to nutrient requirements in terms of protein, carbohydrates, fats, minerals and vitamins. Energy requirements should relate to calorific intake and maintenance / development of energy stores if applicable, glycaemic index of foods in diet and how quickly nutrients can be converted into energy. Preparation methods should minimise loss of nutrients and not increase levels of salt or saturated fats.

NB MUCH OF THE RESEARCH ON SPORTS NUTRITION RECOMMENDS A HIGH CARBOHYDRATE DIET AND NO LONGER USES CARBOHYDRATE LOADING

5. Explain how your dietary regime and preparation methods fulfil the nutritional and energy requirements of your team members.

See above

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.

Should cover pros and cons of different products and the need for and usage of these products for this level of ability. Recommendations for use should restrict to high energy drinks during training and competition.

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.

Menus should be appropriate for age and ability levels of participants. Explanation of different requirements for training, competition and recovery and how the suggested menus meet this requirement. Individual rider requirements should refer to the different type of event. Importance of recovery phase for replenishing energy stores should be highlighted.

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