

## **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**

#### **ICE SKATERS**

**It is September and a new school term. You are a sports teacher at a sports academy and act as coach to the ice dancers as you are yourself are an experienced skater and competed at international level.**

**You have a group of 6 ice dancers who are due to compete in competitions starting in the new year. The group consists of 3 boys and 3 girls and all are 16 years old.**

**Due to the routines the boys have to be strong to lift the girls and the girls light but strong.**

**Each routine is a maximum of 10 minutes but each day they rehearse after school for 1-2 hours.**

1. Outline, with reasons and reference to dietary reference values, the likely nutritional requirements for the skaters. You should highlight any differences between individual skaters and include reference to their energy and hydration needs.
2. Outline the methods which could be used to estimate the energy requirements of the skaters
3. The sports academy has a fully equipped exercise laboratory. How could you use this to determine the energy requirements of your skaters more accurately?
4. Develop a dietary regime for the group to follow at 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.

**Two of the girls are vegetarian. One of the girls in the past suffered from anorexia nervosa and while she has now recovered any emphasis on weight loss is not advisable.**

5. Explain how your dietary regime and preparation methods fulfil the nutritional and energy

6. requirements of the skaters.
7. Some of the parents of the skaters are concerned about the use of performance enhancing products. Produce a fact-sheet to give to the parents that covers the pros and cons of these products and recommendations for their use.
8. For the weekend prior to the first competition the team will be staying in self catering accommodation near the ice rink where they will compete. You as their teacher will be responsible for organising meals during this period. You will be assisted in the cooking by the team. You know from previous experience that their cooking ability is somewhat limited.

You must devise three complete day's menus,

- one for the day preceding the event
- one for the day of the event
- one for the day following the event.

As the group wants to watch other competitors as well as socialise with them meals need to be easily cooked.

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            |