

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

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.

Nutrient requirements should include carbohydrates, fats and protein. DRVs should relate to age, sex of team members and activity levels. 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

Reasons must be given.

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

Should cover determination of BMI and use of tables.

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?

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 and must fit in with the family eating pattern.

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. Reference should be made to requirements of vegetarian girl and Hindu boy. 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. 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.

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

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.

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 player requirements should refer to vegetarian girl and Hindu boy. 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.