

Access to H.E. National Programme Unit



Unit Title:	Physiology in Sports		
Graded Unit Code:	GA33SPO11	Ungraded Unit Code:	UA33SPO11
Pathway(s):	Health Hospitality, Leisure and Tourism Business and Management		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 st August 2014	Valid to:	31 st July 2024

The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:

1	Understanding of the subject
2	Application of knowledge
3	Application of skills
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the importance of nutrition as part of a training regime and in preparation for an event	1.1 For a range of sporting disciplines, explain how diet can be used as part of a long term training programme to promote useful attributes, e.g. suppleness, strength, stamina
	1.2 Show how different sources of energy are used by muscle cells for different types of sporting activity
	1.3 For a range of sporting events, explain how diet may be modified in the lead up to an event in order to enhance performance
	1.4 For a range of human abilities, show how the abilities could be developed for a specified sport

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
2. Understand the importance of fluid and electrolyte balance during sporting activities	2.1 Explain the effect of exercise on fluid and electrolyte balance and identify environmental factors that may affect this balance
	2.2 Describe the effect of dehydration on sport performance
	2.3 For a range of sporting events, evaluate the effect of fluid intake strategies before and during exercise in relation to performance