Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Physiology in Sport

Graded Unit Reference Number: GA33SPO11

Ungraded Unit Reference Number: UA33SPO11

Module: Sport and Exercise

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (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 Evaluate the use of dietary supplements as part of a training regime
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

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