

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Nutrition, Performance and Healthy Eating
Unit Reference Number:	R/615/8632
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about the function of food	1.1 List the main functions of food
	1.2 State the basic principles of digestion and absorption
	1.3 List the components of food
	1.4 State how these components are needed in everyday diets
2. Know about the relationship between food and health	2.1 Outline the concept of a balanced diet
	2.2 List different sorts of diets
	2.3 State ways of promoting healthy eating
	2.4 Outline why a balanced diet is required to maximise performance
3. Know about the basic principles of weight control	3.1 Outline the principles of: <ul style="list-style-type: none"> a) Fat weight loss b) Lean weight gain c) Weight maintenance
	3.2 List the links between exercise and weight control
	3.3 Give examples of practical exercise sessions