Open Awards Qualification Unit

This unit forms part of a regulated qualification. Click **here** to view qualifications.

1 Unit Details

Unit Title:	Nutrition for Sports Performance
Unit Reference Number:	A/615/9810
Level:	Level 2
Credit Value:	5
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of nutrition in sport	1.1 Explain the importance of nutrition in sport
	1.2 Explain the difference between a nutritionist and a dietitian
	1.3 Describe the importance of hydration with relation to sport performance
2. Know about different nutrients	2.1 Describe the role of the following nutrients a) Carbohydrates b) Fats c) Protein d) Creatine
	2.2 Assess the use the of a) Energy drinks b) Energy bars c) Supplements
	2.3 Explain how nutritional advice may vary depending on the following goals a) Eating from strength b) Eating for endurance c) Eating for weight management

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3.	Be able to assess own a diet	3.1 Assess own diet over a minimum of 1 week period
4.	Be able to create a nutritional strategy in relation to a specific sport	4.1 For a chosen sport, identify the nutritional requirements needed to sustain/improve performance
		4.2 For a chosen sport, create a nutritional strategy in for: a) Sustaining/improving performance b) Tracking progress c) Measuring progress
5.	Be able to evaluate nutritional strategy	5.1 Evaluate nutritional strategy

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