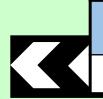
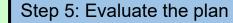
Sport Science - R045 Nutrition in Sport: L04 (Be able to develop diet plans for a performer



Step 6: Write up of assignment

Completion of assignment



Evaluating the plan recording the outcomes and suggesting improvements.



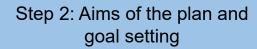
Step 3: Organise the plan

Understand the performers needs to organise the plan (timings, suitability. duration)



Step 4: Create the plan

Write up the diet plan (two plans running over 6 weeks)



Apply performer details to clarify aims of the plan and to set realistic goals.



Step 1: Client details

Develop knowledge and understanding of the performer













COLLEGE