

Unit R183: Nutrition and sports performance (Topic Area 3:How to design and develop a balanced nutrition plan)

Step 4: (3.2.2) Suitability and organisation of a nutrition plan

3.2.2

Plan - portion sizes, timings of meals, amount of meals, liquid intake.
Write up assignment

Step 5: (3.2.3 Review the potential success/impact of a nutrition plan:

On performance/training

3.2.3:

Performance/training – energy levels, components of fitness improvements, weight loss/gain.

Write up assignment

Step 2. (3.1.2) Adapt the nutrition plan to suit a chosen sporting activity

3.1.2 Adapt the nutrition plan to suit a chosen sporting activity:

Add or remove relevant nutrients
Change timings
Portion sizes
Amount of meals

Relevant nutrients - proteins, carbohydrates, vitamins and minerals, fats, water. Change timings to suit training/games/ events. Portion sizes – reduce or increase for relevant activity. Amount of

Step 1: (3.1.1) Gather details about a current nutrition plan and any issues that might impact the design of future nutrition plans

3.1.1 Gather details about a current nutrition plan and any issues that might impact the design of future nutrition plans

Step 3: (3.2.1) Key factors when considering the success / impact of a nutrition plan

Identify the nutritional changes that have been made:

Identify the changes made:
Identify the changes made:
Identify the changes made:

SHUTTLEWORTH



COLLEGE