

Year 11 Sports Studies | Term 3

RO45: Sports Nutrition

Key Question: How does an athlete keep themselves in peak condition?

Topic Overview: RO45 - Sports Nutrition

In all walks of life, appropriate nutrition and diet are vital to our health and wellbeing. In the world of sport, the right nutrition is as important as the right equipment and the right training methods, because, without suitable nutrition, a performer's body would not be able to cope with the stresses and strains put upon it. This would lead not only to deterioration in performance, but also in health. The amount of legislation and media coverage that surrounds the use of supplements in elite sport, some of which are approved and some of which are prohibited, highlights the value placed on nutrition in modern day sport. By completing this unit, learners will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer.

	Lesson Exploration	Knowledge & Skills Exploration	Specification Link	Key Words
Week 1: Lesson 1	What are the nutrients needed for a healthy, balanced diet?	Students will experience exploring the characteristics of a balanced diet and how this meets the nutritional requirements of an individual in different sporting activities	LO1 Learners must be taught: <ul style="list-style-type: none"> characteristics of a balanced diet, i.e. o meets the nutritional requirements of an individual o includes foods from all of the food groups (e.g. meat and dairy, fruit and vegetables, fats and sugars) o contains a variety of foods o suits the needs/tastes of the individual (e.g. accounting for allergies/intolerance to some ingredients) what nutrients are (e.g. chemicals a living organism needs in order to live and grow) the role of nutrients in a healthy, balanced diet, i.e. o carbohydrates (e.g. quick supply of energy) o fats (e.g. slower supply of energy, transport some vitamins around the body) o proteins (e.g. repair muscle damage) o fibre (e.g. helps maintain healthy bowels) o water (e.g. keeps the body hydrated) o vitamins and 	Balanced diet Nutrition Needs Tastes allergies Intolerance ingredients Carbohydrates fats Vitamins Minerals Proteins Fibre Immune system Hydration Energy exercise
Week 1: Lesson 2	What are nutrients?	Students will experience exploring what nutrients are and the role of nutrients in a healthy balanced diet. Students will find out about the 6 different food groups and discover what these foods provide our body.		
Week 2: Lesson 1	Where do I find nutrients in my diet?	Students will explore the different food groups and find out where nutrients are found in our diets. They will discover the sources of carbohydrates, fats and proteins. They will do this by comparing different macronutrient and what the impact is		

Week 2: Lesson 2	Where do I find nutrients in my diet?	Students will explore the different food groups and find out where nutrients are found in our diets. They will discover the sources of fibre, water and vitamins and minerals.	minerals (e.g. help strengthen bones, maintain a healthy immune system) • food sources of nutrients, i.e. o carbohydrates (e.g. pasta, potatoes) o fats (e.g. dairy products, fish) o proteins (e.g. meat, pulses) o fibre (e.g. cereals, wholemeal bread) o vitamins and minerals (e.g. fresh fruit and vegetables). LO2 Learners must be taught: • the importance of nutrition before, during and after exercise, i.e. o before (e.g. hydrate, provide energy source, quick energy boost) o during (e.g. stay hydrated, replenish carbohydrates if lengthy exercise) o after (e.g. rehydrate straight away, eat a meal containing carbohydrates and protein within 2 hours to aid recovery) © OCR 2021 24 OCR Level 1/2 Cambridge National Award/Certificate in Sport Science and Sport studies Version 7 (Sept 2021) • the reasons for the varying dietary requirements of different activity types, i.e. o endurance/aerobic activities (e.g. marathon running, cross country skiing) - carbohydrate loading, hydration - energy needed for long periods - high levels of hydration needed to sustain activity over long periods o short, intense/anaerobic activities (e.g. 400m swim, a game of basketball) - carbohydrates (not carbo-loading), low fat - energy for short, sharp bursts of activity, aid recovery) o strength based activities (e.g. weightlifting) - high in protein, 5-7 meals every day - build muscle mass, limit excess body fat • the use of dietary supplements, i.e. o definition of dietary supplements (e.g. products that provide nutrients which are either missing or being consumed in insufficient quantities) o types of dietary	Endurance Aerobic Intense exercise Anaerobic muscle mass body fat dietary supplements health risks undereating overeating performance Recovery injury concentration illness diet plan subjective objective evaluation recording outcomes measuring outcomes
Week 3: Lesson 1	How can I apply my knowledge of previous work to my LO1 mock assignment?	Students will experience applying their knowledge to a mock exam about the nutrients needed for a healthy, balanced diet.		
Week 3: Lesson 2				
Week 4: Lesson 1	How can I use the feedback provided to adapt my responses in my mock assignment?	Students will experience acting on feedback and making improvements to their mock assignment. This will be in the form of a try now lesson.		
Week 4: Lesson 2	How does my diet affect my performance in sport?	Students will experience exploring the importance of nutrition before, during and after exercise and how this will impact an athlete's performance in both a positive and negative way.		
Week 5: Lesson 1	Why do athletes need to vary their diet, according to the sport they perform in?	Students will experience the reasons for the varying dietary requirements of endurance and aerobic activities. Students will explore how their diet will impact their sporting performance in endurance and aerobic activities.		
Week 5: Lesson 2	Why do athletes need to vary their diet, according to the sport they perform in?	Students will experience the reasons for the varying dietary requirements of short, intense/anaerobic activities. Students will explore how their diet will		

		impact their sporting performance in short, intense/anaerobic activities.	supplements used in sport (e.g. multi-vitamins, protein powders, herbs, creatine) o why they are used in sport (e.g. speed up recovery, increased energy, speed up the burn off of fat) o issues associated with the use of supplements (e.g. confusion over which are/are not allowed in sport, links to potential health risks/injuries).	
Week 6: Lesson 1	What are dietary supplements and why are supplements used in sport??	Students will experience the reasons why supplements are used in sport is because athletes are always trying to improve their performances - run faster, jump higher and last longer that the competition.		
Week 6: Lesson 2	How can I apply my knowledge of previous work to my LO2 mock assignment?	Students will experience applying their knowledge to a mock exam about the the importance of nutrition in sport		
Week 7: Lesson 1	How can I use the feedback provided to adapt my responses in my mock assignment?	Students will experience acting on feedback and making improvements to their mock assignment. This will be in the form of a try now lesson.		

Literacy Links	Numeracy Links
PE requires students to have an understanding of basic terminology, given to them through key words, delivered through our Sports studies lessons. Students require basic reading and writing skills to be able to access the coursework and complete it to the required level.	PE requires students to have an understanding of basic maths to be able to calculate HRmax, basic heart rate, read times, measure out and set up fitness tests, time a part of a session, count reps completed.