

**Pearson BTEC Level 3 Nationals Extended Diploma**

**Sport and Exercise Science**

**Unit 13: Nutrition for Sport and Exercise  
Performance**

**Part A**

June 2017

Paper Reference

**31824H**

**You do not need any other materials.**

**Instructions**

- Your Unit 13 assessment task contains two parts.
- **Part A** will contain a case study focusing on an individual that requires guidance on nutrition in response to his/her personal and training needs that are impacting on his/her performance.
- **Part A** will be released one week before your supervised assessment session (**Part B**).
- We suggest that you spend six hours independently conducting your research and making notes over the course of one week.
- You can take a maximum of two A4 sides of your research notes into the supervised assessment session (**Part B**).
- In **Part B**, you will be issued with supplementary stimulus information building on the case study information in **Part A**.
- In **Part B**, you will have 2.5 hours under supervised conditions specified by Pearson to respond to the task.
- Do **not** return research notes or **Part A** to Pearson.

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## Instructions to Teachers/Tutors

This paper must be read in conjunction with the unit information in the specification and the BTEC Nationals Information for Conducting External Assessments (ICEA) document. See the Pearson website for details.

**Part A** should be issued to learners one week prior to undertaking **Part B** of the assessment.

Learners will be expected to conduct research over a maximum of six hours. Up to two sides of A4 notes can be taken into the supervised assessment (**Part B**).

Teachers / tutors cannot give any support to learners during the production of the notes and the work must be completed independently by the learner.

**Part B** is taken under supervision in a single session of 2.5 hours on the timetabled date. Centres may schedule a supervised rest break during the session.

Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

## Guidance for Learners

Read **Part A** information carefully as this contains the information you will need to prepare for **Part B**.

You will need to carry out your own research over one week.

You will then be given **Part B** to complete under supervised conditions.

You must work independently and should not share your work with other learners.

Your teacher/tutor cannot give you feedback during the completion of **Part A** and **Part B**.

## Part A Instructions

**You are required to conduct research and prepare notes** relating to the case study provided in **Part A** below. You should research nutrition for sport and exercise performance in order to provide nutritional guidance for the individual and their performance needs.

**Part A** will contain a case study focusing on an individual who requires guidance on nutrition in response to their personal and training needs that are impacting on their performance.

## Part A

### Current Typical Nutrition Programme

Day	Breakfast 8-9am	Lunch 12-1pm	Dinner 6-7pm	Fluids throughout the day	Snacks throughout the day	Calories	Macronutrients
Monday	Corn flakes Milk Poached egg Toast	Pot Noodle Chocolate cake	Bacon, chicken pasta bake Sweet corn Salad	Tea x 2 cups 2 glasses of fruit juice 2 isotonic sports drinks 2 litres water	1 protein bar 2 slices of banana bread 1 yogurt	2450 kcals	Carbohydrates 300g Fat 50g Protein 200 g
Tuesday	Sausage, bacon and scrambled egg on toast	Bread roll Ham Salad Strawberry milkshake	Roast potatoes Chicken breast Parsnips Carrots	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Small chocolate bar Banana	2410 kcals	Carbohydrates 250g Fat 90g Protein 150 g
Wednesday	Corn flakes Milk Scrambled egg on toast	Tuna salad Bread roll Apple	Chilli con carne with rice Ice cream	Tea x 2 cups 1 isotonic sports drink 1 hypertonic sports drink 3 litres water	1 bagel with smoked salmon 1 yogurt Mixed nuts	2250 kcals	Carbohydrates 300g Fat 50 g Protein 150 g
Thursday	Sausage, bacon and scrambled egg on toast	Ham and salad baguette	Battered fish and chips Mushy peas	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar 2 slices of banana bread 1 yogurt	2710 kcals	Carbohydrates 350g Fat 90 g Protein 125 g
Friday	Corn flakes Milk Poached egg Toast	Tuna pasta salad Yogurt	1 slice of meat feast pizza	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Banana Mixed nuts	1960 kcals	Carbohydrates 250g Fat 40g Protein 150 g
Saturday	Porridge Milk Blueberries	Chicken and pasta salad Bread roll	Hamburger Bread roll Chips Salad	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Small chocolate bar Banana	2950 kcals	Carbohydrates 250g Fat 150g Protein 150 g
Sunday	Fried egg, sausage, bacon, baked beans	Roast beef Roast carrots Yorkshire pudding Peas Cabbage Gravy	Bacon, chicken pasta bake Sweet corn Salad	Tea x 2 cups 2 sports drinks 1.5 litres water	1 chocolate bar 1 small bag of crisps	3300 kcals	Carbohydrates 400g Fat 100 g Protein 200 g

Write your name here

Surname					Other names				
Centre Number					Learner Registration Number				
Pearson BTEC Level 3 Nationals Extended Diploma									

# Sport and Exercise Science

## Unit 13: Nutrition for Sport and Exercise Performance

### Part B

Window for supervised period: Wednesday 17 May 2017 – Thursday 18 May 2017 <b>Supervised hours: 2.5 hours</b>	Paper Reference <b>31824H</b>
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<b>You must have:</b> Your research notes from <b>Part A</b> (maximum two A4 sides).	Total Marks
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### Instructions

- Use **black** ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and learner registration number.
- Complete **all** activities.
- Answer the activities in the spaces provided  
– *there may be more space than you need.*
- Do **not** return research notes or **Part A** to Pearson.
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

### Information

- The total mark for this paper is 50.
- The marks for each activity are shown in brackets  
– *use this as a guide as to how much time to spend on each activity.*
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

### Advice

- Read each activity carefully before you start to answer it.
- Try to answer every activity.
- Check your answers if you have time at the end.

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## Important Information

Refer to your research notes from **Part A** to complete **Part B**. You cannot access the internet or any other resources during the supervised assessment period (**Part B**).

You must plan your time and work independently throughout the 2.5 hour supervised assessment period.

You will complete **Part B** under supervision and your work will be kept securely during any breaks taken.

You must not share your work with other learners.

## Part B

### Client Information

#### Personal details

Brian is training for a sports event.

His nutritional programme shows what he eats and drinks during a seven-day period.

<b>Age</b>	24 years old
<b>Gender</b>	Male
<b>Height</b>	1m 80 cm
<b>Weight</b>	64 kg
<b>BIA</b>	9%
<b>Activity levels</b>	High

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**Performance details**

**Sports event**

Brian is training to run a marathon. The marathon is just over 42 km /26 miles long.

His nutritional programme indicates what activities he is doing and at what time of day.

**Phase of training**

Brian is in the 'pre-event' training phase.

The event takes place in one weeks' time.

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Current Typical Nutrition Programme								
Day	Breakfast 8-9am	Lunch 12-1pm	Dinner 6-7pm	Fluids throughout the day	Snacks throughout the day	Calories	Macronutrients	Activity levels and timings
Monday	Corn flakes Milk Poached egg Toast	Pot Noodle Chocolate cake	Bacon, chicken pasta bake Sweet corn Salad	Tea x 2 cups 2 glasses of fruit juice 2 isotonic sports drinks 2 litres water	1 protein bar 2 slices of banana bread 1 yogurt	2450 kcals	Carbohydrates 300g Fat 50g Protein 200 g	25 km run at 6 am
Tuesday	Sausage, bacon and scrambled egg on toast	Bread roll Ham Salad Strawberry milkshake	Roast potatoes Chicken breast Parsnips Carrots	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Small chocolate bar Banana	2410 kcals	Carbohydrates 250g Fat 90g Protein 150 g	30 km run at 5.30 am
Wednesday	Corn flakes Milk Scrambled egg on toast	Tuna salad Bread roll Apple	Chilli con carne with rice Ice cream	Tea x 2 cups 1 isotonic sports drinks 1 hypertonic sports drink 3 litres water	1 bagel with smoked salmon 1 yogurt Mixed nuts	2250 kcals	Carbohydrates 300g Fat 50 g Protein 150 g	Rest day
Thursday	Sausage, bacon and scrambled egg on toast	Ham and salad baguette	Battered fish and chips Mushy peas	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar 2 slices of banana bread 1 yogurt	2710 kcals	Carbohydrates 350g Fat 90 g Protein 125 g	25 km run at 6 am
Friday	Corn flakes Milk Poached egg Toast	Tuna pasta salad Yogurt	1 slice of meat feast pizza	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Banana Mixed nuts	1960 kcals	Carbohydrates 250g Fat 40g Protein 150 g	15 km run at 6 am
Saturday	Porridge Milk Blueberries	Chicken and pasta salad Bread roll	Hamburger Bread roll Chips Salad	Tea x 2 cups 2 sports drinks 1.5 litres water	1 protein bar Small chocolate bar Banana	2950 kcals	Carbohydrates 250g Fat 150g Protein 150 g	35 km run at 3 pm
Sunday	Fried egg, sausage, bacon, baked beans	Roast beef Roast carrots Yorkshire pudding Peas Cabbage Gravy	Bacon, chicken pasta bake Sweet corn Salad	Tea x 2 cups 2 sports drinks 1.5 litres water	1 chocolate bar 1 small bag of crisps	3300 kcals	Carbohydrates 400g Fat 100 g Protein 200 g	Rest day

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Examine your research notes from **Part A** and the information given in **Part B** and write your guidance on the following three areas.

**Activity 1**

Interpret Brian's current nutritional programme, in relation to nutritional intake for health and wellbeing.

**(Total for Activity 1 = 20 marks)**

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**Activity 2**

Modify the nutritional programme, based on nutritional strategies, in relation to Brian's sports event.

**(Total for Activity 2 = 20 marks)**

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**Activity 3**

Recommend nutritional guidance for Brian based on his phase of training.

**(Total for Activity 3 = 10 marks)**

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**(Total for Activity 1 = 20 marks)**



2 Modify the nutritional programme, based on nutritional strategies, in relation to Brian's sports event.

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**(Total for Activity 2 = 20 marks)**





3 Recommend nutritional guidance for Brian based on his phase of training.

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**(Total for Activity 3 = 10 marks)**

**TOTAL FOR TASK = 50 MARKS**



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