

Write your name here

Surname					Other names					
Pearson BTEC Level 3 Nationals Extended Diploma	Centre Number					Learner Registration Number				
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Sport and Exercise Science

Unit 13: Nutrition for Sport and Exercise Performance

Part B

Window for supervised period: Wednesday 17 January 2018 – Morning Supervised hours: 2 hours 30 minutes	Paper Reference 31824H
---	----------------------------------

You must have: Your research notes from Part A (maximum two A4 sides).	Total Marks
---	-------------

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.

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.*

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.

Turn over ►

P52839A

©2018 Pearson Education Ltd.

1/1/1/1




Pearson

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 hours and 30 minutes 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

Ola is training for a gymnastics event.

Her nutritional programme shows what she usually eats and drinks during a seven-day period.

Age	14 years old
Gender	Female
Height	1 m 50 cm
Weight	65 kg
BIA result	38%
Activity levels	Moderate

Performance details

Sports event
Ola is training to compete in a gymnastics event in six weeks. The event is made up of: balance beam, uneven bars, vault and floor routine.
Her nutritional programme indicates what she eats and drinks and the activities she does during the day.
Phase of training
Ola is in the 'during event' phase which is on the day of the event.
The event will take place on a Saturday between 10 am and 4 pm.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Current Typical Nutrition Programme

Day	Breakfast 7–8 am	Lunch 12–1 pm	Dinner 6–7 pm	Fluids throughout the day	Snacks throughout the day	Calories	Macronutrients	Activity levels and timings
Monday	1 fried egg 1 slice of fried bacon 1 slice of white toast with butter	Meat lasagne Peas	Chicken, bacon and avocado salad Lemon cheesecake	1 glass of fruit juice 1 isotonic sports drink 3.5 litres of water	1 doughnut 1 banana 2 chocolate biscuits	2790 kcal	Carbohydrates 300 g Fat 150 g Protein 60 g	4–5.30 pm gymnastics event training
Tuesday	Full fat yoghurt and granola 1 slice of white toast with butter	Tuna pasta with a cheese topping carrots	Battered fish Chips Gravy	1 glass of fruit juice 1 isotonic sports drink 3 litres of water	Small chocolate bar Packet of crisps	2450 kcal	Carbohydrates 200 g Fat 130 g Protein 120 g	2–3 pm PE lesson at school – hockey
Wednesday	4 pieces of white toast with butter and chocolate spread	Sausage roll Chips	Spaghetti bolognaise Garlic bread Ice cream	1 glass of fruit juice 4 litres of water	Chocolate chip muffin 2 biscuits	2730 kcal	Carbohydrates 270 g Fat 130 g Protein 120 g	4–5.30 pm gymnastics event training
Thursday	Full fat yoghurt and granola 2 slices of white toast with butter	2 bagels with smoked salmon 1 packet of crisps Mixed nuts	Meat feast pizza with cheese filled crust	1 glass of fruit juice 4 litres of water	1 slice of cake	2730 kcal	Carbohydrates 300 g Fat 130 g Protein 90 g	10–11 am PE lesson at school – cross country running



Day	Breakfast 7–8 am	Lunch 12–1 pm	Dinner 6–7 pm	Fluids throughout the day	Snacks throughout the day	Calories	Macronutrients	Activity levels and timings
Friday	4 pieces of white toast with butter and chocolate spread	Turkey salad white baguette Full fat yoghurt	Sweet and sour chicken and cashew nut stir fry Noodles Prawn crackers	1 can of cola 4 litres of water	Sweet popcorn 1 doughnut	2860 kcal	Carbohydrates 250 g Fat 140 g Protein 150 g	4–5.30 pm gymnastics event training
Saturday	1 fried egg 1 slice of fried bacon 1 slice of white toast with butter	Cheese- burger Curly fries Apple pie	Creamy salmon and pasta bake Peas	1 can of lemonade 4 litres of water	Small chocolate bar Banana	2460 kcal	Carbohydrates 200 g Fat 140 g Protein 100 g	11–2 pm gymnastics event training
Sunday	1 fried egg 2 sausages 2 slices of fried bacon Baked beans	Cheese sandwich Chips Banana	Lamb curry Naan bread Sag aloo 1 poppadom	2 cans of cola 3 litres of water	1 chocolate bar 1 small bag of crisps	2750 kcal	Carbohydrates 250 g Fat 150 g Protein 100 g	Rest day



P 5 2 8 3 9 A 0 4 1 6

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

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 Ola’s current nutritional programme, in relation to nutritional intake for health and wellbeing.

(Total for Activity 1 = 20 marks)

Activity 2

Modify the nutritional programme, based on nutritional strategies, in relation to Ola’s sports event.

(Total for Activity 2 = 20 marks)

Activity 3

Recommend nutritional guidance for Ola based on her phase of training.

(Total for Activity 3 = 10 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Taskbook

Please do not write answers outside the spaces provided.

You must complete ALL activities in this taskbook.

Activity 1

Interpret Ola’s current nutritional programme, in relation to nutritional intake for health and wellbeing.

(20)

Dotted lines for writing answers.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dotted lines.



Lined writing area for activity 1.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

(Total for Activity 1 = 20 marks)



Activity 2

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

(20)

Area with horizontal dotted lines for writing the answer.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Handwriting practice area with 20 sets of horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with 20 horizontal dotted lines.

(Total for Activity 2 = 20 marks)



Activity 3

Recommend nutritional guidance for Ola based on her phase of training.

(10)

Area with horizontal dotted lines for writing the answer.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with 20 horizontal dotted lines.

(Total for Activity 3 = 10 marks)

TOTAL FOR TASK = 50 MARKS





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE



P 5 2 8 3 9 A 0 1 5 1 6

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE

