

# **L3 Lead Examiner Report 1906**

June 2019

**L3 National in Sport and Exercise  
Unit 13: Nutrition for Sport and  
Exercise Performance (31824)**

## Edexcel and BTEC Qualifications

Edexcel and BTEC qualifications come from Pearson, the world's leading learning company. We provide a wide range of qualifications including academic, vocational, occupational and specific programmes for employers. For further information visit our qualifications website at <http://qualifications.pearson.com/en/home.html> for our BTEC qualifications.

Alternatively, you can get in touch with us using the details on our contact us page at <http://qualifications.pearson.com/en/contact-us.html>

If you have any subject specific questions about this specification that require the help of a subject specialist, you can speak directly to the subject team at Pearson. Their contact details can be found on this link:

<http://qualifications.pearson.com/en/support/support-for-you/teachers.html>

You can also use our online Ask the Expert service at <https://www.edexcelonline.com>

You will need an Edexcel Online username and password to access this service.

### **Pearson: helping people progress, everywhere**

Our aim is to help everyone progress in their lives through education. We believe in every kind of learning, for all kinds of people, wherever they are in the world. We've been involved in education for over 150 years, and by working across 70 countries, in 100 languages, we have built an international reputation for our commitment to high standards and raising achievement through innovation in education. Find out more about how we can help you and your learners at: [www.pearson.com/uk](http://www.pearson.com/uk)

June 2019

Publications Code 31824\_1906\_ER

All the material in this publication is copyright

© Pearson Education Ltd 2019

## Grade Boundaries

### What is a grade boundary?

A grade boundary is where we set the level of achievement required to obtain a certain grade for the externally assessed unit. We set grade boundaries for each grade, at Distinction, Merit and Pass.

### Setting grade boundaries

When we set grade boundaries, we look at the performance of every learner who took the external assessment. When we can see the full picture of performance, our experts are then able to decide where best to place the grade boundaries – this means that they decide what the lowest possible mark is for a particular grade.

When our experts set the grade boundaries, they make sure that learners receive grades which reflect their ability. Awarding grade boundaries is conducted to ensure learners achieve the grade they deserve to achieve, irrespective of variation in the external assessment.

### Variations in external assessments

Each external assessment we set asks different questions and may assess different parts of the unit content outlined in the specification. It would be unfair to learners if we set the same grade boundaries for each assessment, because then it would not take accessibility into account.

Grade boundaries for this, and all other papers, are on the website via this link:

<http://qualifications.pearson.com/en/support/support-topics/results-certification/grade-boundaries.html>

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

Grade	Unclassified	Level 3			
		N	P	M	D
Boundary Mark	0	16	24	32	41

## Introduction

This was the fifth series of the new specification and the second time that the assessment had no pre-release materials. The method of external assessment was by a task based approach.

The question paper followed the same format in relation to the questions, client nutritional programme and client details. As the paper had no prerelease materials and research notes were not permitted in the summative assessment, a nutritional principles booklet was provided. This booklet provided information on the food group for some foods in the nutritional programme that learners may not be familiar with. In addition, the kcals for 1 g of each macronutrient were provided, the Harris Benedict equation for BMR And activity factor levels. Lastly, the BMI calculation was provided. This was to support learners so that they did not have to recall specific information to support them with mathematical related interpretations of the nutritional programme and client details. This also allows for foods included in the nutritional programme to have variety over each series without disadvantaging learners that are not familiar with all of the foods in the programme.

## Introduction to the Overall Performance of the Unit

The standard of learner evidence was equitable to the January 2019 series which followed the same format as this paper with pre-release materials and notably was much higher than June 2018 which had pre-release materials.

Most learners were able to provide detailed interpretations of the nutritional programme and compare grams of food consumed, many now were able to work out the percentage of calorie intake for each macronutrient which provides a more accurate analysis of nutritional intake. Very few learners now relied on quantities related to the eat well plate which does not provide sufficient evidence for a detailed interpretation of nutritional intake.

There was a wide spread of marks, learners were able to achieve marks across all grade bands with some learners achieving full marks in this series.

The scripts showed that learners could organise their time to complete the initial analysis of the nutritional programme and carry out further related calculations and then go on to answer each question.

## Individual Questions

### Activity 1

In this activity learners had to interpret the nutritional programme for Steve in relation to his health and well-being.

Good responses provided nutritional analysis of the percentage of macro nutrients consumed on a daily basis and compare these to recommended amounts.

The table below shows the type of analysis learners could have carried out to inform their analysis of the nutritional intake.

Day	Total Cals	CHO %	CHO g	Fat %	Fat g	Protein %	Protein g
Monday	2730	66	450	16	50	18	120
Tuesday	2630	61	400	24	70	15	100
Wednesday	3000	67	500	18	60	15	115
Thursday	2610	69	450	17	50	14	90
Friday	2750	65	450	23	70	12	80
Saturday	2510	64	400	25	70	11	70
Sunday	2790	64	450	23	70	13	90

This analysis clearly shows that carbohydrate intake is too high, fat intake is too low and protein intake varies across the week but is usually too low.

In most learners responses, there were some links to health and wellbeing which is the focus for the first question. Where learners did relate this to health and wellbeing it was usually related to eating saturated fat and a link to Coronary heart disease or high sugar intake and links to diabetes, however, very few were

able to provide any information related to the digestion and absorption effects of eating foods high in sugar with links to insulin release and removal of sugar from the blood stream.

Many learners were able to note that the client had high levels of fruit and vegetables in their diet, however, few were able to make the link to health and wellbeing in relation to providing high levels of fibre to reduce the potential for suffering from constipation or the long term impact of helping to prevent bowel cancer. Other interpretations related to micronutrients include appropriate calcium intake for bone health.

The other key aspect of the diet was the low calorie intake related to BMR and BMR adjusted for activity levels.

It is expected that further interpretation of the client information should be included in the interpretation of the food intake including:

- Body Mass index which was 27.5 and therefore classed as overweight category .
- BIA was at 8% which is classed as lean.  
It was therefore expected that learners would be able to make the link to the fact the person must have very low body fat and high muscle mass to account for the high BMI score using a combination of BMI and BIA scores.
- Basal metabolic rate could then be worked out using the Harris Benedict equation to work out the calorie intake for the person based on their specific details:

$$\text{BMR} = 66.5 + 1031.25 + 825.495 - 168.875 = 1754 \text{ without activity}$$

$$\text{BMR} = 66.5 + 1031.25 + 825.495 - 168.875 \times 1.725 = 3026 \text{ with activity}$$

Responses that were rounded up or down were credited.

From this information, learners should have been able to interpret that energy intake is below BMR plus activity levels so the person would start to lose body weight if they continued to eat and exercise as per the nutritional programme and also not have sufficient energy to be able to take part in daily activities as well as all the physical activity.

Fluid intake was referred to by many learners in relation to recommended daily amounts and types of fluids consumed, many learners stated that the client was not drinking enough water.

Lastly, the factors affecting digestion and absorption of nutrients and fluids should have been commented on in relation to the nutritional programme for the individual with some reference to the timings of food intake and activity levels and timings of the individual.

**This response was awarded 20 marks out of 20**

around 50-60% of your total diet. Steve's ~~consumes~~ ~~consumes~~ diet however, intakes a minimum of 61% carbohydrates each day. Carbohydrates benefit the body with ~~pro~~ providing energy for the muscles, helping the brain function and more. Over-consuming carbohydrates however can lead to obesity which can have negative effects on health and wellbeing. Despite this, it is better that Steve is over-consuming on carbohydrates rather than under-consuming.

~~However some of the carbs~~  
As well as this, I have identified that Steve under consumes of fats. The recommended daily intake for fats is 30% of your diet. Steve consumes between 16-25% per day. ~~this is~~ Due to the fact that he is under consuming on fats explains why Steve has ~~so~~ a low BIA result. A negative to this is also that the fats Steve consumes are saturated which will negatively effect his health and wellbeing. Steve consumes many saturated fats, including a large ~~amount~~ of crisps per day. The amount of saturated fats in which Steve consumes could lead to obesity if his activity levels were to drop. If this is the case, it would increase the chance of a heart attack and diabetes.



The third macronutrient I am going to be discussing is protein. It is recommended that you should consume between 15-20% of protein in your diet. Steve does not meet the recommended daily intake for ~~these~~ protein every day. From Monday to Wednesday, Steve consumed the correct amount of protein for his diet. However for the rest of the week, he under-consumes. On ~~Saturday~~ <sup>Sunday</sup> Steve only consumes 13% protein in relation to his diet which is too low\*. Protein has benefits such as, helping the brain function, providing an energy source and to help build and repair muscle damage. Due to the fact that Steve under-consumes on ~~these~~ protein, he will not benefit as much from the positives of protein. A lack of protein will have negative effects on Steve's ~~ess~~ health and wellbeing as it may result in regular headaches and a lack of energy within the body.

A positive to Steve's diet is the consumption of micronutrients such as iron, calcium and vitamin C. Steve consumes many tomatoes throughout the week which contain Vitamin C which benefit the health and well being of Steve. ~~Another~~ Steve also consumes vegetables such as broccoli which

provide iron. Iron helps health and well being as it attaches onto haemoglobin in the blood. As well as this, Steve also consumes ~~other~~ dairy products within his diet which will provide calcium. Calcium would benefit Steve's health and well being as it would increase his bone strength.

Lastly, I will be discussing fluid intake within Steve's diet. It is recommended that you should consume between 2-3 litres of water a day. Steve however, only consumes 0.5 litres per day. This would have negative effects on his health and well being as it may cause regular headaches and quicker fatigue. As well as this Steve consumes 10 cans of fizzy drinks a week. This will negatively effect his health and well being as it may lead to diabetes due to the high levels of sugar.

\*especially as it is his rest day.

This response has identified the BMR and also the BMR with activity levels included and related this to the average calorie intake per day. They have also calculated the BMI but have not provided the category that this falls into. They have however analysed the BIA value to confirm that Steve does not have excess body fat and the positive health impact of that.

This learner has provided the RDA for each macronutrient and compared this to the worked out percentage intake of each macronutrient which is good practice as this provides a more accurate analysis of nutritional intake compared to using grams as the main reference. The health concerns with eating too saturated fat and identified a source of saturated fat in the client's diet which ensures the analysis is contextualized to the client rather than just providing an overview of nutritional knowledge.

Much carbohydrate has been covered. There follows discussion on the fat intake and again, the health concerns with the types of fat and sources in the client's diet.

The same interpretation process has been repeated for protein comparing quantities consumed to RDAs as well as demonstrating a good understanding of the function of protein in the diet.

Specific micronutrients have been referenced with links to health and wellbeing, and relevant sources of foods that contain vitamin C and calcium have been included in the discussion.

Fluid intake has been interpreted and the quantity the client consumes compared to RDA going on to discuss the health and wellbeing concerns related to dehydration.

**This response was awarded 6 marks out of 20**

## Task and answer booklet

Please do not write answers outside the spaces provided.

You must complete ALL activities in this task and answer booklet.

- 1 Interpret Steve's current nutritional programme in relation to nutritional intake for health and wellbeing.

Use the nutritional principles information sheet to support your answer.

Your answer will focus on the following points:

- (a) food intake
- (b) fluid intake
- (c) factors affecting digestion and absorption of nutrients and fluids.

(20)

Steve's nutritional intake over the week is generally good. However there are some parts of his diet that is poor. One part that is poor is the lack of fibre that he is ingesting, is in his diet. This can be poor for his general well being and health as fibre is the key nutrient that is used in the digestive system. This is because, in the digestive system fibre does not get absorbed into the blood in the intestines. Because of this the fibre forces through the waste products, that have not been digested, out through the anus as faeces.

Steve has a good intake of protein each day. The majority of this is

Eater after he has finished weight training. This is a good thing as that protein will be used to repair his muscles after his weight training.

However the body can only digest 22g of protein at 1 time and on average he eats 95g of protein in 1 day. This is almost 5 times over how much can be digested at once.

Because not all of that protein will be used it will pass through the digestion system without being absorbed and become the waste product of ~~feces~~ faeces.

In this diet Steve consumes a lot of short chain carbohydrates. When absorbed into the body these carbohydrates can be used to burn as a source of short term energy however if not used as an energy source these turn into body fat. This can be bad for Steve's long term health as it is easier to make and keep body fat than it is to burn it and use it. A lot of

those short chain carbohydrates are consumed in fizzy drinks. Steve drinks at least 1 can a day. Because sugar is a short chain carbohydrate Steve has a high sugar intake from 1 of these drinks alone a day.

Steve however does have a good intake of vitamins and ~~proteins~~<sup>minerals</sup> over the week as he consumes at least 5 of his C a day. This is good as it allows his immune system to stay in good shape and allows ~~the~~ his body to function properly. This should in the long run help prevent some illnesses.

Because of Steve's high metabolism he will need more calories to naturally get through the day. Steve's base metabolism rate is 3026.29. This shows that he will need 3026 kcal a day ~~to~~ to keep his body running. I would suggest that Steve eat 1 more full meal a day to help keep ~~going~~ supply his metabolism.



The learner has provided some generalized knowledge of nutrition, but the response has very little application to the scenario provided.

In this case study, the client does consume a lot of fruit and vegetables, however, the response does not acknowledge this and goes on to explain the issues with not having enough fibre and the function of fibre in the diet.

The response does not link the types of food in the diet to any of the analysis provided, other than fizzy drinks containing sugars, which demonstrates very limited application as this is the key focus of the task whereby learners have to demonstrate their knowledge of a specific clients nutritional intake rather than providing an overview of their knowledge about the unit content.

## Activity 2

Nutritional strategies are provided in the unit content in learning Aim D. It is therefore expected that learners will select appropriate strategies for the client based on their event and their current nutritional intake.

Many learners did not perform as well in this activity as they did in activity one. This is due to the fact greater application is required for this activity in relation to addressing the concerns identified in activity one, where, how and why this diet can be modified and how this will be beneficial to improve sporting performance for the clients specific sport.

For this activity, learners needed to focus on weight training is a strength sport. The client was mainly under consuming protein in their usual diet compared to RDA as well as requiring higher levels due to their sport. Some learners provided approximate grams of protein that should be consumed for a strength athlete with ranges shown below:

1.7-2 g per kg body weight = 127.5 - 150 g per day

As the client also takes part in a great deal of sport and physical activity on a weekly basis, strategies related to increase energy intake would gain credit.

In addition, fat intake was low in relation to macronutrient intake, so strategies to increase fat intake would also gain credit.

Fluid intake should be increased with reasoning linked to sport such as providing fluid to produce sweat used for thermoregulation.

Any justification of the modifications related to health and wellbeing were not credit worthy unless there were additional links to the effect on sporting performance.

Supplements were often suggested such as protein shakes and protein bars with a few learners also recommended creatine which gained credit.

Good responses provided appropriate modifications which were supported with reasoning for each modification related to the clients sporting event.

**This response was awarded 20 marks out of 20**



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

Use the nutritional principles information sheet to support your answer.

Your answer will focus on the following points:

- modifications that are relevant to the sporting event
- justifying the modifications
- the impact of factors affecting digestion and absorption of nutrients and fluids.

(20)

Steve needs to increase the amount of calories he consumes each day. He needs to consume approximately 3026.3 each day in order to maintain his body mass and with his training turn fat into muscle. He could do this by adding in increasing his portion sizes for lunch and dinner. This would help increase his calorie intake. He also needs to increase his protein consumption in order to make sure his muscles are getting enough protein to rebuild, repair and grow. Increased protein will also help strengthen the muscle and reduce the risk of injury. In order to increase the amount of protein Steve could remove the bags of crisps and replace them with protein bars. He could also incorporate protein shakes before and after his training sessions in order to aid muscle recovery. Steve should also increase his fat intake especially on a Monday, Wednesday and Thursday. On these days the fat ~~intake~~ intake is low at

50g and 60g. Fat should take up 30-35% of Steve's diet. He can incorporate this into his diet by adding full fat yogurt into his diet <sup>as a snack or with breakfast</sup>. This will help increase his fat and calorie intake. Increased fat in Steve's diet will increase his energy levels and also with hard training increase muscle mass by turning fat into muscle. Steve could also swap brown bread and white bagel for wholegrain bread and a whole grain bagel with seeds. Wholegrain bread and seeds are low GI foods. Glycaemic Index is how fast a food increases blood glucose levels. Seeds are broken down slowly so provide energy for a longer period of time. This will be beneficial for Steve because he will have long lasting energy through the day so by the time he gets to his 2 hour training session he will have a good supply of energy. ~~So~~ Wholegrain is also high in fibre so will aid digestion to avoid Steve getting stomach pain or constipation during his day and training. Steve should also increase his water intake. He should have 0.5L of water for every 60 minutes of training. He should also consume at least 1.5L of water throughout the day to keep him hydrated.

him becoming dehydrated. Dehydration can cause headaches and sickness which will have a negative effect on his training resulting in an unbeneficial training session and illness. He should also reduce the amount of sugary drinks he drinks. He should only drink one glass of orange juice in the morning and water and a protein shake for the rest of the day. Sugary drinks like ~~at~~ cola + Lemonade are high in sugar which is bad for blood pressure. It can also give Steve a sugar rush and then a sugar dump where he will then feel tired having a negative effect on training. They are also not as effective at hydrating the body effectively as water.

Steve should take more than one rest day. He should stop weight training on Wednesday in order to give the body time to recover and muscle fibres to repair. He can swap this for a non weight bearing activity like swimming. This ensures his fitness levels will not decrease and he ~~is~~ does some cardio training each week to keep his body healthy. Steve can also incorporate creatine into his diet. He can do this 2 ways. ~~But~~ he can use it

acutely by having ~~small~~ does a large dose for a short period of time (3-5-7 days). or chronic use were he has a ~~small~~ small dose for a long period of time (28 days). This helps build muscle, increasing his muscular strength and muscular endurance, benefiting him in competitions and training. It helps increase energy stores (ATP) to provide energy for training and competitions. Cooking methods are important when cooking his vegetables for his meals he should always steam his vegetables rather than grill them. Steaming keeps all the nutrients in the vegetable so it is better for you because you get the nutrients you need which will help boost your immune system. If your immune system is good he is less likely to get ill. Being ill would affect Steve and his training negatively and this means he would not be able to train so he would lose his fitness levels and his muscular endurance and strength would decrease. He should avoid the cooking method of boiling ~~the~~ food because <sup>the water</sup> it removes the nutrients the body needs. ~~Either~~ oven cook the potatoes rather than boiling them. Steve should also remove the crisps from his diet and replace them with a better source of nutrients ~~like~~ like ~~some~~ <sup>grilled</sup> chicken strips which will increase protein intake as well.

(Total for Activity 2 = 20 marks)

This learner has recommended key changes in his diet including:

- Increase calorie intake
- Increase protein intake
- Increase fluid intake
- Increase fat intake

For each change, realistic and appropriate strategies have been suggested with reasoning as to how each would benefit sporting performance.

In addition, supplements including protein supplements and creatine have been recommended which are appropriate for the clients sport.

The part of the response related to having rest days is not credit worthy as this is related to training programme design rather than nutritional guidance.

**This response was awarded 3 marks out of 20 marks.**

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

Use the nutritional principles information sheet to support your answer.

Your answer will focus on the following points:

- (a) modifications that are relevant to the sporting event
- (b) justifying the modifications
- (c) the impact of factors affecting digestion and absorption of nutrients and fluids.

(20)

One suggestion/modification I would make to Steve's nutritional programme is his fluid intake. At the current moment, Steve is consuming too many liquid calories. This comes from things like cans of cola, fruit juices or any other soft drinks for example. These calories are filled with excess amount of sugars which are often stored as fat as the body doesn't burn them off in ~~the~~ line with the time frame given from the spike of glucose to the insulin concentrations. Also, Steve only consumes ~~500~~ 500ml or 0.5 litres of water per day currently. This couldn't be much further ~~off~~ away from his ~~the~~ recommended daily amount which is roughly 2 litres, and with Steve being a weightlifter he should be consuming closer to 4 litres a day to replace the water he loses during exercise.

The learner has provided a very brief response with a focus on fluid intake.

They have identified fluids in the diet that have a high sugar content and also that the client is not consuming enough water per day and recommended an increase in fluid intake to take into account the fluid lost when exercising.

No further evidence has been presented in the learners

### Activity 3

The phase of the event is 'after the event'. The learner's response should focus on the following key areas:

#### Nutritional guidance after event

- Intake protein to help with muscle repair
- Replace depleted glycogen stores
- Replace fluids lost through sweating

#### Types of food to be consumed and timings:

- During first hours body is able to convert protein into muscle tissue at a fast rate (golden window up 2 hours )
- CHO converted into glycogen at a very fast rate – golden window (up to 2 hours) .
- **Types of food/fluid/macronutrients and supplements**
  - Protein, protein shakes, milk shakes, protein bars, high protein foods
  - Creatine
  - Isotonic/hypertonic/hypotonic drinks
  - Carbohydrates, energy bars or gels

Some learners were aware of the golden window which is a key concept in the after event phase to ensure protein and glycogen stores are fully replete. Many learners were aware of the benefits of protein supplements and the need to have these after a strength related event.

Good responses included a range of foods, supplements and fluids with timings and quantities of how much should be consumed with reasoning related to absorption and digestion as well as potential benefits to sporting performance.

**This response was awarded 9 marks out of 10 marks.**



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

The phase of training is 'after event'

Your answer will focus on the following points:

- (a) links to the phase of training
- (b) impact of factors affecting digestion and absorption of nutrients and fluids.

(10)

The after phase is important as it is the right time to replenish glycogen stores in the body so that energy levels can be brought back to normal. The fluid intake would also have been depleted so it is vital that hydration is renewed. Protein is also in need of replenishing as it is important for growth and repair of the muscles. 15 minutes after Steve's training he should intake an isotonic drink to help bring carbohydrates into his body which will then turn into glycogen in the muscles and glucose in the blood to provide energy. The reason an isotonic drink is selected is because it is easily digested and is also a method of hydrating effectively also. It is easily digested as it is vital that the energy stores are recovered quickly. The isotonic drink will assist in hydration so that Steve can sweat and therefore help thermoregulate the body to cool him down. Steve should either drink a protein shake or eat a protein bar to help restore protein in the body quickly so that growth and repair of the muscles will take place and therefore increase his performance. ~~20g protein~~ Every two

Hours after the event there should intake 50-75g of carbohydrates as this is the bodies greatest time at burning down carbohydrates so that the bodies glycogen stores will recover and therefore energy will be replenished. This process is known as the Golden Window.

The learner has introduced the main areas to focus on during the after event phase with reasons as to why this is important which is a very good start to the response.

They have then provided a time frame for when the isotonic should be consumed with reasoning as to why the client should drink it and the benefits of the drink in relation to ease of digestion and hydration.

The same principle has been applied to consumption of protein, again with direct links to the purpose of the eating protein from a recovery point of view for the client.

Reference to the golden window has been made but to gain more credit, the learner should have explained what this means.

This response was awarded 2 out of 10 marks

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

The phase of training is 'after event'.

Your answer will focus on the following points:

- (a) links to the phase of training
- (b) impact of factors affecting digestion and absorption of nutrients and fluids.

(10)

~~After the event has taken~~

In the before phase of the event Steve would have cut down the amount of water he was consuming, how much sugar and fat he was consuming as well as the sources of sugar and fat and how often he would cut or del weight lifting training.

Now that the event has happened, Steve's main focus would be to bulk up before the next event. Bulking up or 'bulking' is where an athlete puts on <sup>weight</sup> ~~fat~~ in preparation for the next event.

Steve would have lost a lot of water weight so I would recommend drinking at least 1 litre of water everyday alongside one or two cans of lemonade or coca cola, this will increase both the amount of water and sugar being consumed regularly.

I would recommend that Steve reduce the amount of fruit and vegetables he eats and increase some of the more

unhealthy or 'junk' alternatives, for example instead of Steve having a big salad he should have a small portion of something like chips or pizza with a salad on the side.

Steve should bring his calorie intake up to ~~the~~ his recommended amount of about 3025 calories per day in order to gain a little bit of weight but not so much that he may struggle to lose that weight later on.

Steve should also ~~not~~ reduce the amount of time he spends at the gym or doing exercise by taking one or two more rest days each week. This would hopefully increase the rate at which he is gaining weight slowly in order to promote his eating habits and produce better results while working out.

Although he should consume more sugars in his food he should ~~not~~ still consume a little bit at a time for example by snacking on one small chocolate bar a day but also with a few rawins.

He should also reduce how much carbohydrates he eats and replace it by (Total for Activity 3 = 10 marks)  
~~drinking more sports drinks before~~  
 doing physical activity or starchy drinks). TOTAL FOR TASK = 50 MARKS

drinks).

This response discusses the before phase at the start of the answer and then goes on to discuss the after event over a long duration rather than immediately after the event which is focused on the recovery process after a sporting event and typically covers the 0-4 hour period once a person has completed their sporting event rather than the plans and preparation for the next event.

Some part of the response are credit worthy in relation to eating more sugary foods which is accurate for post event advice.

## Summary

Learners are encouraged to:

- Read and analyse the nutritional programme in relation to macro nutrient content. Percentage intake for each macronutrient should be assessed in relation to RDAs.
- Expect to carry out calculations in relation to BMI and BMR of the client and use this information in the activities to justify the interpretation of nutritional programme and modifications.
- When answering questions refer to the nutritional programme and individual as much as possible and make sure that the content you refer to is actually in the case study.
- Ensure only the correct phase of the event is discussed in question 3, any other phases that are covered that are not asked about in the question will not gain credit.
- Use the assessment criteria in the mark scheme for each activity to guide them and ensure they cover all the content needed for each activity.

For more information on Pearson qualifications, please visit

<http://qualifications.pearson.com/en/home.html>

Pearson Education Limited. Registered company number 872828  
with its registered office at Edinburgh Gate, Harlow, Essex CM20 2JE

