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| **What will we be learning?**  **Unit 12 – Nutrition & diet for sport & exercise** | **Why this? Why now?**  This unit is delivered in Year 12 in the Spring term after unit 1 has been completed. It is delivered during this time as it an interesting unit to start coursework with. | **Key Words:**  Balanced diet  Macronutrient  Micronutrient  Calories  Basal metabolic rate  Thermic effect  Dehydration  Hypohydration  Hyperhydration  Thermogenics  Aesthetic sports  Disordered eating  Anorexia  Bulimia  Diet trends |
| **What will we learn?**   * **LO1 – Understand the principles & importance of a balance diet** * **LO2 – Understand energy balance** * **LO3 – Understand the importance of hydration in sport & exercise** * **LO4 – Know the effects of supplements on diet & performance in sport & exercise.** * **LO5 – Understand the psychology of healthy eating** | |
| **What opportunities are there for wider study?**  Careers/degree courses   * Sports science * Physiotherapy * PE teacher   Further reading:  [The Eatwell Guide - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/the-eatwell-guide)  [Sports And Hydration: Importance, Guidance And Effects | Healthy Stripe](https://healthystripe.com/blog/sports-and-hydration)  [Supplements in Sports Nutrition (verywellfit.com)](https://www.verywellfit.com/supplements-4014137)  [Risks of Eating Disorders in Athletes (verywellfit.com)](https://www.verywellfit.com/eating-disorders-in-athletes-3119164#:~:text=Eating%20disorders%20are%20most%20common%20in%20athletes%20that,Swimming%206%20Rowing%207%20Horse%20racing%208%20Wrestling) | |
| **How will I be assessed?**   * Teacher set assignments on Teams | |

**CAM TECH – SPORT**

**UNIT 12**

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| **LO1 – UNDERSTAND THE PRINCIPLES & IMPORTANCE OF A BALANCED DIET**   * Importance of a balance diet * Components of a balanced diet * Nutritional advice * Nutritional requirements |  |
| **LO2 – UNDERSTAND ENERGY BALANCE**   * Energy intake * Energy balance * Calorific requirements |  |
| **LO3 – UNDERSTAND THE IMPORTANCE OF HYDRATION IN SPORT & EXERCISE**   * Hydration – importance, effects of poor hydration, signs and symptoms of poor hydration * Fluid intake * Effects on sport & exercise performance |  |
| **LO4 – KNOW THE EFFECTS OF SUPPLEMENTS ON DIET & PERFORMANCE IN SPORT & EXERCISE**   * Supplements * Methods of taking supplements * Effects on sport & exercise performance |  |
| **LO5 – UNDERSTAND THE PSYCHOLOGY OF HEALTHY EATING**   * Common food issues/factors affecting eating habits * Causes, signs, symptoms and effects of eating disorders * Eating disorders in sport   + Aesthetic sports   + Why participation in sport increases chance of eating disorder   + Effects of eating disorders on involvement in sport and exercise. |  |