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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 dietMacronutrientMicronutrientCaloriesBasal metabolic rateThermic effectDehydrationHypohydrationHyperhydrationThermogenicsAesthetic sportsDisordered eatingAnorexiaBulimiaDiet 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**
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| **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
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**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
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| **LO2 – UNDERSTAND ENERGY BALANCE*** Energy intake
* Energy balance
* Calorific requirements
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| **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
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| **LO4 – KNOW THE EFFECTS OF SUPPLEMENTS ON DIET & PERFORMANCE IN SPORT & EXERCISE*** Supplements
* Methods of taking supplements
* Effects on sport & exercise performance
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| **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.
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