

Name

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# **Unit 2: Fitness Training and Programming for Health, Sport and Well-being**

## **Part C - Nutritional guidance**

# Personalised Learning Checklist Unit 2

Use this checklist before each assessment to focus your revision, and after to check the effectiveness of your revision

Unit 2 - Part A - How this would look in September to help you track progress									
TOPIC	UNIT TEST			PPE			JAN EXAM		
	R	A	G	R	A	G	R	A	G
C1: Common Terminology									
C2: Components of a Balanced Diet									
C3: Nutritional Strategies									

## Assessment Rubric

You would have noticed when being assigned this booklet that it came with a rubric. A rubric helps you achieve the best grade, and for the teacher to mark it.

To use it, simply see the description for each marking point, and how much it is worth. You will be graded on this booklet based on an overall score - But each section will be scored. Here is a quick copy of that rubric:

<b>Task 1</b>		
1. Identifies 4 key words	2. Identifies 6 key words	3. Identifies 8 key words
<b>Task 2</b>		
1. Partially completed food diary	2. Completed food diary	3. Completed food diary and extension activity
<b>Task 3</b>		
1. Partially completed eat well plate	2. Completed eat well plate	3. Completed eat well plate and explanation

# COMMON TERMINOLOGY - Task 1

**WATCH:** Tyson Fury recently won back his World Heavyweight Championship by beating Deontay Wilder. This was the culmination of years of hard work by Tyson, following his return to the sport in 2017.

Watch this video of Fury talking about how he achieved remarkable weight loss by adjusting his diet. <https://www.youtube.com/watch?v=X-PsA4FxOX0>

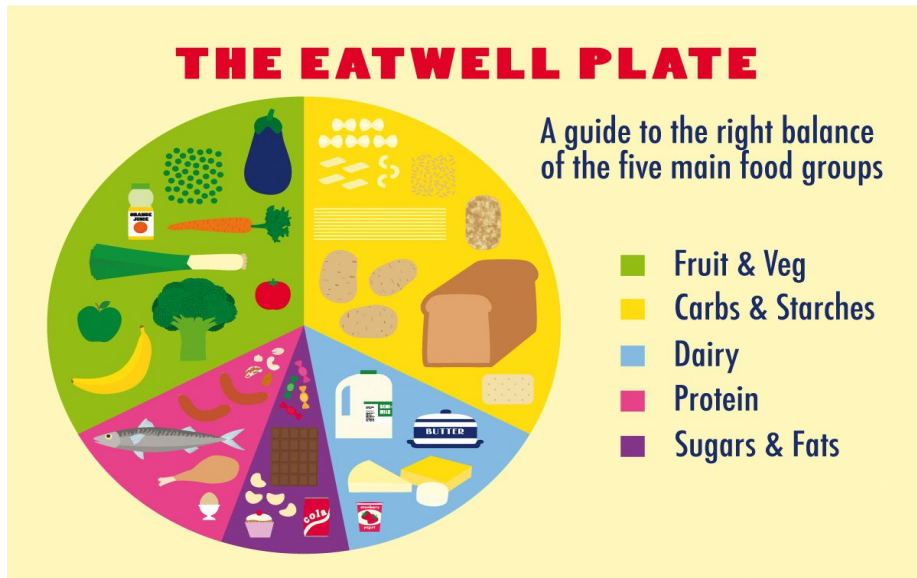
**TASK:** In the space below write down any of the key terminology you hear relating to diet and nutrition. Give a brief explanation of what you think these key terms mean.

KEY WORD	EXPLANATION

# COMPONENTS OF A BALANCED DIET

## Task 2

**Task:** Complete your own food diary (Separate Google Doc Uploaded) over the next week. Keep a record of everything that you eat and drink!



<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

**EXTENSION TASK:** Analyse your food diary and compare it with the Eatwell Plate shown above. What changes could you make to your diet to make it more balanced?

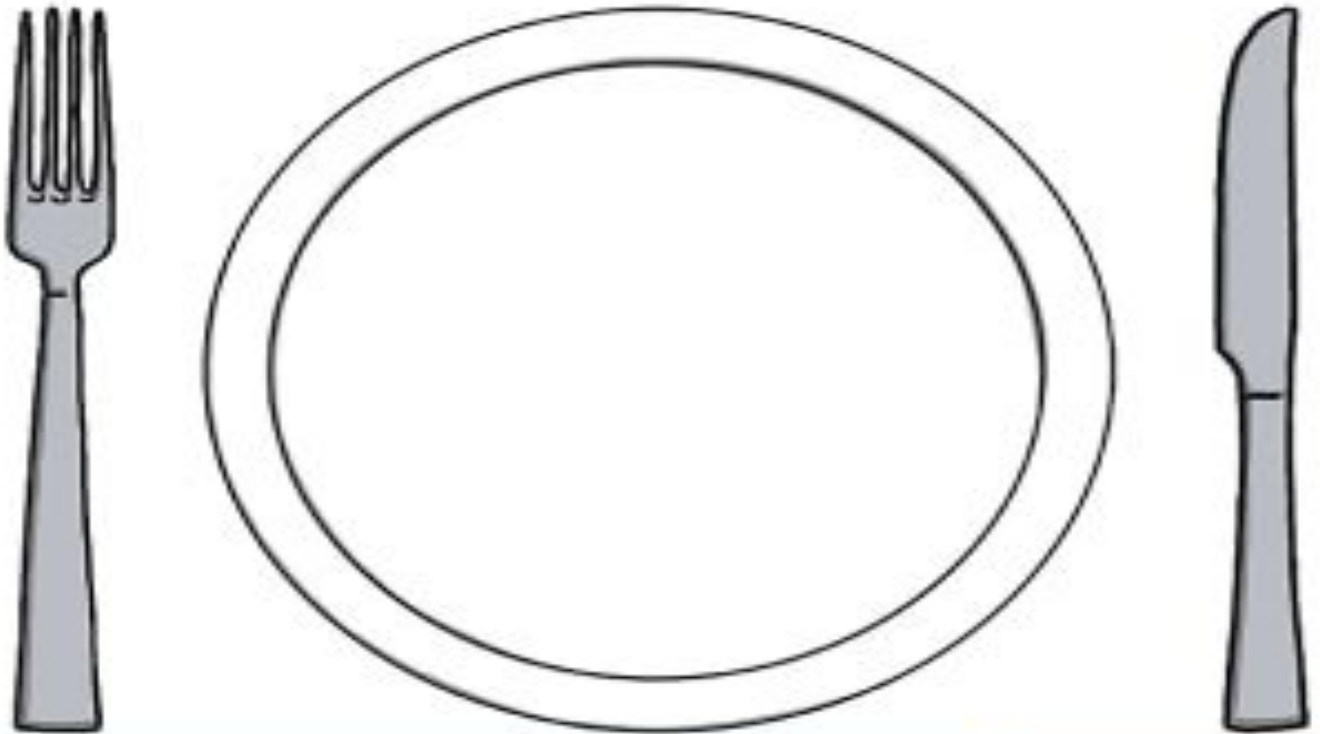
# NUTRITIONAL STRATEGIES - TASK 3

**READ:** You have been hired as the personal chef of a celebrity who is running the London Marathon for the first time this year. They have never run a marathon before and have no idea what they should be eating in order to optimise their performance.

Click on this link and read the article about nutrition in the days leading up to running a marathon.

**TASK:** On the plate below draw the meal you would make for your client the night before the London Marathon. Make sure you explain your choices so your client understands why they are eating this type of food.

## Healthy Eating Meal Activity



WHY HAVE YOU CHOSEN THIS MEAL?

# Resources and Websites

## Textbooks

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

## Websites

The following websites provide information on a wide range of topic areas and can be used in conjunction with key textbooks and journals. They provide good sources of information about health, nutrition and fitness training and programming.

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine – health, fitness and nutrition articles

[www.bbc.co.uk](http://www.bbc.co.uk) – BBC – healthy living

[www.bhf.org.uk](http://www.bhf.org.uk) – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

[www.brianmac.co.uk](http://www.brianmac.co.uk) – BrianMac – sports drinks, fitness testing, training, programming

[www.bupa.co.uk](http://www.bupa.co.uk) – BUPA – benefits of exercise, children and exercise

[www.doh.gov.uk](http://www.doh.gov.uk) – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) – Drinkaware – health effects and issues, facts, sevenday calculator

[www.food4life.org.uk](http://www.food4life.org.uk) – Food4life – eatwell plate, food groups

[www.livestrong.com](http://www.livestrong.com) – Livestrong – effects of poor nutrition

[www.macmillan.org.uk](http://www.macmillan.org.uk) – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

[www.nhs.uk](http://www.nhs.uk) – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

[www.who.int](http://www.who.int) – The World Health Organization – health topics