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Pearson

Higher Nationals in

Sport & Exercise Science

EXAMPLE ASSESSMENT BRIEF

Unit: **1 Nutrition**

For use with the Pearson BTEC Level 4 Higher National Certificate and Level 5 Higher National Diploma in Sport & Exercise Science

Brief Number: 1

First teaching from September 2018

Issue 1

EXAMPLE



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Please note that this Example Assessment Brief is **NOT** an authorised assignment brief. It is provided as a reference only.

Centres must develop assignments and assessment materials that meet the needs of their students and align with their curriculum planning. This Example Assessment Brief may be used as a starting point for the development of an assignment, however Centres are expected to modify and revise the Example Assessment Brief to meet the specific needs of their students and curriculum. All assessment briefs must be Internally Verified.

Higher National Certificate/Diploma in Sport & Exercise Science

Example Assessment Brief

Student Name/ID Number	
Unit Number and Title	1 Nutrition
Academic Year	
Unit Tutor	
Assignment Title	The principles of sports nutrition
Issue Date	
Submission Date	
IV Name & Date	

Submission Format

Submission should be in the form of a presentation.

You are required to use bullet points on the presentation slides, include relevant images, and use presentation notes to support your submission.

Your presentation should be no more than 10 minutes in duration and contain only 10 slides. The slides must include:

- A title page
- Contents page
- An introduction
- Core content
- A summary
- A reference and bibliography page

The presentation should:



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- Be written in a minimum of font size of 28

Include suitable references throughout

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Unit Learning Outcomes

LO1 Identify the main components of nutrition for optimal health and sports performance

Assignment Brief and Guidance

*Please note that assignment guidance is for reference only and should be more specific in detail to meet customised needs.

Scenario:

Having started your Higher National studies you have been invited back to your school to give a Nutrition presentation to the sports teams.

Activity:

This presentation will focus on the components of nutrition for optimal health. The presentation must focus on the aspects of nutrition for both endurance athletes, and strength and conditioning athletes. Explain the nutritional content, and labels of three popular foods when giving the presentation. Ensure you take your target audience into consideration when putting your presentation together.

*Please access HN Global for additional resources support and reading for this unit. For further guidance and support on report writing please refer to the Study Skills Unit on HN Global www.highernationals.com



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Learning Outcomes and Assessment Criteria		
Pass	Merit	Distinction
LO1 Identify the main components of nutrition for optimal health and sports performance.		D1 Analyse different food labels, discuss their nutritional benefits and shortcomings, pay particular attention to any additives that may be in the ingredients
P1 Outline the structure, function and sources of micro and macro nutrients and impact of deficiencies	M1 Identify why labels are important for the consumer	
P2 Discuss the specific nutritional requirements of specific populations, including an athlete	M2 Demonstrate a knowledge of food labelling laws including knowledge about additives, nutritional information and ingredients lists	

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Higher Nationals in

Sport & Exercise Science

EXAMPLE ASSESSMENT BRIEF

Unit: **2 Fundamentals of Sport & Exercise Psychology**

For use with the Pearson BTEC Level 4 Higher National Certificate and
Level 5 Higher National Diploma in Sport & Exercise Science

Brief Number: 1

First teaching from September 2018

Issue 1



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Higher National Certificate/Diploma in Sport & Exercise Science

Example Assessment Brief

Student Name/ID Number	
Unit Number and Title	2 Fundamentals of Sport & Exercise Psychology
Academic Year	
Unit Tutor	
Assignment Title	The role of self-efficacy in sport and exercise participation and performance
Issue Date	
Submission Date	
IV Name & Date	

Submission Format

Submission should be in the form of a presentation.

You are required to use bullet points on the presentation slides and use presentation notes to support your presentation.

Your presentation should be no more than 10 minutes in duration and contain only 10 slides. These must include:

- A title page
- A contents page
- A reference page

The presentation should:

- Be written in a minimum font size of 28

Include suitable references throughout



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Unit Learning Outcomes

LO2 Describe the effects of self-efficacy on sport and exercise participation and performance

Assignment Brief and Guidance

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Scenario:

You are currently working as a Sports Coach with your local sports team who are close to being relegated at the end of the season. As a consequence of their recent losing streak, members of the team have lost belief in their ability to perform effectively within the team.

Activity:

In an attempt to save the team from relegation, the committee have asked you to prepare a presentation that focuses on how you will improve self-efficacy within the team.

The presentation should:

- Explain the benefits of self-confidence to sport and exercise participation.
- Examine the key components of Banduras Self-Efficacy Theory.
- Apply Banduras Self-Efficacy Theory to the relevant sport by discussing how you could use the sources of efficacy information to build self-efficacy within the team.
- Analyse how the sources of efficacy information can lead to performance and satisfaction within your team.

It is important to bear your target audience in mind when you are putting your presentation together.

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Learning Outcomes and Assessment Criteria		
Pass	Merit	Distinction
LO2 Describe the effects of self-efficacy on sport and exercise participation and performance		D2 Analyse how the sources of efficacy information can lead to performance and satisfaction in sport and exercise.
P3 Explain the benefits of self-confidence in relation to sport and exercise.	M2 Apply Banduras Self-Efficacy Theory to sport and exercise participation and performance.	
P4 Examine the key components of Banduras Self-Efficacy Theory.		

EXAMPLE

