

Write your name here

| | | | | | | | | | |
|---|--|--|--|--|-----------------------------|--|--|--|--|
| Surname | | | | | Other names | | | | |
| Centre Number | | | | | Learner Registration Number | | | | |
| Pearson BTEC Level 3 Nationals Extended Diploma | | | | | | | | | |

Sport and Exercise Science

Unit 13: Nutrition for Sport and Exercise Performance

Part B

| | |
|---|----------------------------------|
| Window for supervised period: Wednesday 17 May 2017 – Thursday 18 May 2017 Supervised hours: 2.5 hours | Paper Reference 31824H |
|---|----------------------------------|

| | |
|---|-------------|
| You must have: Your research notes from Part A (maximum two A4 sides). | Total Marks |
|---|-------------|

Instructions

- Use **black** ink or ball-point pen.
- Fill in the boxes at the top of this page with your name, centre number and learner registration number.
- Complete **all** activities.
- Answer the activities in the spaces provided
– *there may be more space than you need.*
- Do **not** return research notes or **Part A** to Pearson.
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

Information

- The total mark for this paper is 50.
- The marks for each activity are shown in brackets
– *use this as a guide as to how much time to spend on each activity.*
- Centres may choose **ONE** 2.5 hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

Advice

- Read each activity carefully before you start to answer it.
- Try to answer every activity.
- Check your answers if you have time at the end.

Turn over ►

P52342A

©2017 Pearson Education Ltd.
1/1/1/1/1/1/1/1



Important Information

Refer to your research notes from **Part A** to complete **Part B**. You cannot access the internet or any other resources during the supervised assessment period (**Part B**).

You must plan your time and work independently throughout the 2.5 hour supervised assessment period.

You will complete **Part B** under supervision and your work will be kept securely during any breaks taken.

You must not share your work with other learners.

Part B

Client Information

Personal details

Brian is training for a sports event.

His nutritional programme shows what he eats and drinks during a seven-day period.

| | |
|------------------------|--------------|
| Age | 24 years old |
| Gender | Male |
| Height | 1m 80 cm |
| Weight | 64 kg |
| BIA | 9% |
| Activity levels | High |

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Performance details

Sports event

Brian is training to run a marathon. The marathon is just over 42 km /26 miles long.

His nutritional programme indicates what activities he is doing and at what time of day.

Phase of training

Brian is in the 'pre-event' training phase.

The event takes place in one weeks' time.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



| Current Typical Nutrition Programme | | | | | | | | |
|-------------------------------------|---|--|---|---|---|------------|--|-----------------------------|
| Day | Breakfast 8-9am | Lunch 12-1pm | Dinner 6-7pm | Fluids throughout the day | Snacks throughout the day | Calories | Macronutrients | Activity levels and timings |
| Monday | Corn flakes Milk Poached egg Toast | Pot Noodle Chocolate cake | Bacon, chicken pasta bake Sweet corn Salad | Tea x 2 cups 2 glasses of fruit juice 2 isotonic sports drinks 2 litres water | 1 protein bar 2 slices of banana bread 1 yogurt | 2450 kcals | Carbohydrates 300g Fat 50g Protein 200 g | 25 km run at 6 am |
| Tuesday | Sausage, bacon and scrambled egg on toast | Bread roll Ham Salad Strawberry milkshake | Roast potatoes Chicken breast Parsnips Carrots | Tea x 2 cups 2 sports drinks 1.5 litres water | 1 protein bar Small chocolate bar Banana | 2410 kcals | Carbohydrates 250g Fat 90g Protein 150 g | 30 km run at 5.30 am |
| Wednesday | Corn flakes Milk Scrambled egg on toast | Tuna salad Bread roll Apple | Chilli con carne with rice Ice cream | Tea x 2 cups 1 isotonic sports drinks 1 hypertonic sports drink 3 litres water | 1 bagel with smoked salmon 1 yogurt Mixed nuts | 2250 kcals | Carbohydrates 300g Fat 50 g Protein 150 g | Rest day |
| Thursday | Sausage, bacon and scrambled egg on toast | Ham and salad baguette | Battered fish and chips Mushy peas | Tea x 2 cups 2 sports drinks 1.5 litres water | 1 protein bar 2 slices of banana bread 1 yogurt | 2710 kcals | Carbohydrates 350g Fat 90 g Protein 125 g | 25 km run at 6 am |
| Friday | Corn flakes Milk Poached egg Toast | Tuna pasta salad Yogurt | 1 slice of meat feast pizza | Tea x 2 cups 2 sports drinks 1.5 litres water | 1 protein bar Banana Mixed nuts | 1960 kcals | Carbohydrates 250g Fat 40g Protein 150 g | 15 km run at 6 am |
| Saturday | Porridge Milk Blueberries | Chicken and pasta salad Bread roll | Hamburger Bread roll Chips Salad | Tea x 2 cups 2 sports drinks 1.5 litres water | 1 protein bar Small chocolate bar Banana | 2950 kcals | Carbohydrates 250g Fat 150g Protein 150 g | 35 km run at 3 pm |
| Sunday | Fried egg, sausage, bacon, baked beans | Roast beef Roast carrots Yorkshire pudding Peas Cabbage Gravy | Bacon, chicken pasta bake Sweet corn Salad | Tea x 2 cups 2 sports drinks 1.5 litres water | 1 chocolate bar 1 small bag of crisps | 3300 kcals | Carbohydrates 400g Fat 100 g Protein 200 g | Rest day |

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Examine your research notes from **Part A** and the information given in **Part B** and write your guidance on the following three areas.

Activity 1

Interpret Brian's current nutritional programme, in relation to nutritional intake for health and wellbeing.

(Total for Activity 1 = 20 marks)

Activity 2

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

(Total for Activity 2 = 20 marks)

Activity 3

Recommend nutritional guidance for Brian based on his phase of training.

(Total for Activity 3 = 10 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



Taskbook

**Please do not write answers outside the spaces provided.
You must complete ALL activities in this taskbook.**

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

(20)

Handwriting practice area consisting of 20 horizontal dotted lines for writing the answer to question 1.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Handwriting practice area with 20 horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dotted lines.

(Total for Activity 1 = 20 marks)



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

(20)

Area with horizontal dotted lines for writing the answer.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dashed lines.



Handwriting practice area with 20 horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dotted lines.

(Total for Activity 2 = 20 marks)



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

(10)

Handwriting practice area consisting of 20 horizontal dotted lines for writing.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Lined writing area with horizontal dashed lines.

(Total for Activity 3 = 10 marks)

TOTAL FOR TASK = 50 MARKS



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE

