

# Mark Scheme

## Additional Sample Assessment Material

Pearson BTEC Level 3 – Sport and  
Exercise Science

Unit 13: Nutrition for Sport and  
Exercise (31824)

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Sample Assessment Materials

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## **Unit 13: Nutrition for Sport and Exercise Performance**

### **General marking guidance**

- All learners must receive the same treatment. Examiners must mark the first learner in exactly the same way as they mark the last.
- Marking grids should be applied positively. Learners must be rewarded for what they have shown they can do, rather than be penalised for omissions.
- Examiners should mark according to the marking grid, not according to their perception of where the grade boundaries may lie.
- All marks on the marking grid should be used appropriately.
- All the marks on the marking grid are designed to be awarded. Examiners should always award full marks if deserved. Examiners should also be prepared to award zero marks, if the learner's response is not rewardable according to the marking grid.
- Where judgement is required, a marking grid will provide the principles by which marks will be awarded.
- When examiners are in doubt regarding the application of the marking grid to a learner's response, a senior examiner should be consulted.

### **Specific marking guidance**

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The marking grids have been designed to assess learner work holistically. Rows in the grids identify the assessment focus/outcome being targeted. When using a marking grid, the 'best fit' approach should be used.

- Examiners should first make a holistic judgement on which band most closely matches the learner's response and place it within that band. Learners will be placed in the band that best describes their answer.
- The mark awarded within the band will be decided based on the quality of the answer, in response to the assessment focus/outcome and will be modified according to how securely all bullet points are displayed at that band.
- Marks will be awarded towards the top or bottom of that band, depending on how they have evidenced each of the descriptor bullet points.

## Activity 1

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpretation of individual's current nutritional programme in relation to nutritional intake for health and wellbeing	<b>0</b>	<b>1–5</b>	<b>6–10</b>	<b>11–15</b>	<b>16–20</b>
	No rewardable material	An interpretation of the food intake is attempted with limited relevance to the requirements for health and wellbeing for the client.	An interpretation of the food intake is attempted with some relevance to the requirements for health and wellbeing for the client.	A detailed interpretation of the food intake mostly relevant to the requirements for health and wellbeing for the client.	An in-depth interpretation of the food intake with specific relevance to the requirements for health and wellbeing for the client.
		An interpretation of the fluid intake is attempted with limited relevance to the requirements for health and wellbeing for the client.	An interpretation of the fluid intake is attempted with some relevance to the requirements for health and wellbeing for the client.	An interpretation of the fluid intake mostly relevant to the requirements for health and wellbeing for the client.	An interpretation of the fluid intake with specific relevance to the requirements for health and wellbeing for the client.
		An interpretation of the nutritional programme, making limited reference to factors affecting digestion and absorption of nutrients and fluids.	An interpretation of the nutritional programme, making some reference to factors affecting digestion and absorption of nutrients and fluids.	An interpretation of the nutritional programme, making detailed reference to factors affecting digestion and absorption of nutrients and fluids.	An interpretation of the nutritional programme, making in-depth reference to factors affecting digestion and absorption of nutrients and fluids.

## Activity 2

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Modifications of the nutritional programme, based on nutritional strategies, in relation to the individual's sporting event	<b>0</b>	<b>1–5</b>	<b>6–10</b>	<b>11–15</b>	<b>16–20</b>
	No rewardable material	Proposed nutritional modifications are generic and have limited relevance to nutritional strategies for the client's sporting event.	Proposed nutritional modifications and strategies demonstrate some relevance to the client's sporting event.	Proposed nutritional modifications and strategies are mostly relevant to the client's sporting event.	Proposed nutritional modifications and strategies demonstrate specific relevance to the client's sporting event.
		Justifications for proposed modifications are attempted but not relevant to client's sporting event.	Justifications for proposed modifications are attempted and are partially relevant to the client's sporting event.	Justifications for proposed modifications are present and are mostly relevant to the client's sporting event.	Justifications for proposed modifications are present and are fully relevant to the client's sporting event.
		Proposed modifications of nutritional programme, making limited reference to the impact of factors affecting digestion and absorption of nutrients and fluids.	Proposed modifications of nutritional programme, making some reference to the impact of factors affecting digestion and absorption of nutrients and fluids.	Proposed modifications of nutritional programme, making detailed reference to the impact of factors affecting digestion and absorption of nutrients and fluids.	Proposed modifications of nutritional programme, making in-depth reference to the impact of factors affecting digestion and absorption of nutrients and fluids.

### Activity 3

Assessment focus	Band 0	Band 1	Band 2	Band 3
Nutritional guidance for an individual based on their phase of training	<b>0</b>	<b>1–3</b>	<b>4–7</b>	<b>8–10</b>
	No rewardable material	<p>The nutritional guidance demonstrates limited relevance to the phase of the client’s sporting event.</p> <p>The nutritional guidance for the phase of the sporting event makes limited reference to the impact of factors affecting digestion and absorption of nutrients and fluids.</p>	<p>The nutritional guidance demonstrates partial relevance to the phase of the client’s sporting event.</p> <p>The nutritional guidance for the phase of the sporting event makes some reference to the impact of factors affecting digestion and absorption of nutrients and fluids.</p>	<p>The nutritional guidance demonstrates specific relevance to the phase of the clients sporting event.</p> <p>The nutritional guidance for the phase of the sporting event makes specific reference to the impact of factors affecting digestion and absorption of nutrients and fluids.</p>

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