

Nutrition

Steps 4, 5 & 6	Steps 7,8,&9	Steps 10,11 & 12
Mark Band 1	Mark Band 2	Mark Band 3
<p>Identifies some of the characteristics of a balanced diet. Provides a limited description of what nutrients are and their role within a healthy balanced diet, giving a limited range of examples of food sources of nutrients. Outlines the importance of nutrition before, during and after exercise. Identifies a limited range of different activity types and outlines basic dietary requirements for these. Matching of different needs with different activities lacks accuracy. Briefly describes the use of dietary supplements with limited reference to why they are used in sport. Shows a limited awareness of issues associated with their use. Definition of malnutrition is limited. Outlines the effects of over-eating, under-eating and dehydration using limited reference to sports performance and participation. Draws upon limited skills/knowledge/understanding from other units in the specification. The plan meets few of the specific needs and requirements identified in the aims. Needs some individual support to design the diet plan. Evaluation is brief, with limited reflection on the design and completion of the diet plan; suggestions for improvement are general rather than specific.</p>	<p>Briefly describes most of the characteristics of a balanced diet. Describes in detail what nutrients are and their role within a healthy balanced diet, giving a range of examples of food sources of nutrients. Describes the importance of nutrition before, during and after exercise. Identifies a range of different activity types and describes basic dietary requirements for these, matching different needs with different activities with some accuracy. Describes the use of dietary supplements with clear reference to why they are used in sport. Shows some understanding of issues associated with their use. Definition of malnutrition is accurate with some detail. Describes the effects of over-eating, under-eating and dehydration using some clear reference to sports performance and participation. Draws upon some relevant skills/knowledge/understanding from other units in the specification. The diet plan meets many of the specific needs and requirements identified in the aims. May need minimal individual support to design the diet plan. Evaluation is detailed and reflects upon many aspects of the design and completion of the diet plan. Ideas for improvement are mostly relevant and considered.</p>	<p>Describes in detail all of the characteristics of a balanced diet. Comprehensively describes what nutrients are and their role within a healthy balanced diet, giving a wide range of examples of food sources of nutrients. Explains in detail the importance of nutrition before, during and after exercise. Identifies a wide range of different activity types and explains dietary requirements for these, accurately matching different needs with different activities. Explains the use of dietary supplements with detailed reference to why they are used in sport. Shows well developed understanding of issues associated with their use. Definition of malnutrition is accurate and detailed. Explains in detail the effects of overeating, under-eating and dehydration with clear and specific reference to sports performance and participation. Clearly draws upon relevant skills/knowledge/understanding from other units in the specification. The diet plan meets all of the specific needs and requirements identified in the aims. The diet plan is designed independently. Evaluation is comprehensive and reflects upon most aspects of the design and completion of the diet plan. Ideas for improvement are specific and justified.</p>