

SKAES15 SQA Unit Code H9AJ 04

Develop your nutritional strategy to achieve excellence in your sport



Overview

Optimum nutrition is vital to achieving excellence in your sport. Nutrition affects health as well as physical performance so a sound knowledge of nutrition is important to your overall development. Working with your coaching and or other staff you should work towards a nutritional strategy that will integrate with all other aspects of your training programme. You will be working with experienced and proficient coaching staff and other experts such as personal trainers, nutritionists, physiotherapists and doctors. However, you also have an important role to play in not only optimising your performance but by doing this 'cleanly' by understanding the anti-doping rules and procedures. As an athlete you can be drug tested at any time, in any place, and your commitment to 'clean' sport will be demonstrated in this standard.

It is important that you can:

- understand the nutritional demands to achieve excellence in your sport
- help to develop and implement a nutritional strategy that will help you to perform at the highest level
- monitor and refine your nutritional strategy when circumstances change
- understand the anti-doping rules and consequences to your career of committing an Anti-Doping Rule Violation
- understand the drug testing procedures for sport in the UK and the risks associated with supplement use

This standard is divided into two parts. The first part describes the two things you have to do. These are:

- 1. Contribute to a nutritional strategy to improve own performance**
- 2. Implement and review a nutritional strategy to improve own performance**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

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Performance criteria

Contribute to a nutritional strategy to improve own performance

You must be able to:

1. work with coaching and or other staff to identify the energy demands and specific nutritional needs of own role(s) in your sport
2. provide coaching and or other staff with information about own lifestyle, likes and dislikes
3. work with coaching and or other staff to identify a **nutritional strategy** that is appropriate to own role(s) in sport that takes into consideration own lifestyle, likes, dislikes and supplementation

Implement and review a nutritional strategy to improve own performance

You must be able to:

4. follow the **nutritional strategy**, as agreed, before during and after training and competition
5. provide coaching and or other staff with the information they need to monitor and evaluate the **nutritional strategy**
6. work with coaching staff and other experts to develop and improve the **nutritional strategy**

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Knowledge and understanding

You need to know and understand:

Contribute to a nutritional strategy to improve own performance

1. the importance of nutrition to an athlete's performance
2. the energy demands and particular nutritional needs of your role(s) in your sport
3. the effects of lifestyle, likes and dislikes when developing a nutritional strategy
4. the main components of a nutritional strategy and how these can help you to achieve your goals in the sport
5. why you should ensure that other people who provide you with meals understand and support your nutritional strategy
6. why it is important to stick to your nutritional strategy before, during and after competition and training
7. how to check medication is safe to take and does not contain any banned substances
8. the risks associated with the use of supplements from an anti-doping perspective

Implement and review a nutritional strategy to improve own performance

You need to know and understand:

9. what the anti-doping rule violations are and the principle of strict liability
10. the importance of 'clean' sport, competing fairly and 'cleanly' (such as 100% me)
11. the categories of banned substances and why these are banned in sport
12. what the procedures are for drug testing, including your rights and responsibilities
13. the benefit of a balanced diet which fuels performance, against taking nutritional supplements
14. the types of information that your coaching staff may need to evaluate your nutritional strategy
15. the types of improvements that can be made to your nutritional strategy to meet your individual needs

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Additional Information

Scope/range

1. Nutritional strategy

- 1.1. food group
- 1.2. hydration
- 1.3. preparation
- 1.4. quantity
- 1.5. timing
- 1.6. supplementation (banned or approved)

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Links to other NOS

This standard links closely with SKAES11, SKAES12, SKAES13, SKAES14 and SKAES16.

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Suite Achieving Excellence in Sports Performance

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