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| **OCR Level 1/Level 2 Cambridge National in Sport Science** |
| Qualification J828Unit R183 |
| Unit Recording Sheet |

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| Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit. |
| Unit Title | Nutrition and sports performance | Unit Code | R183 | Session | Choose an item. | Year | 2 | 0 |   |   |
| Centre Name |       | Centre Number |       |
| Candidate Name |       | Candidate Number |       |
| Marking Criteria | Teacher Comments | Mark | Page No. |
| **Task 1 – Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan** |       |  |       |
| **MB1: 1 - 2 marks** | **MB2: 3 - 4 marks** | **MB3: 5 - 6 marks** |
| Provides a **limited** description of what nutrients are and their role within a healthy balanced diet for the client’s sporting activity.Gives a **limited range** of relevant examples of food sources of nutrients.**[1 2]** | **Adequately** describes what nutrients are and their role within a healthy balanced diet for the client’s sporting activity.Gives a **range** of relevant examples of food sources of nutrients. **[3 4]** | **Comprehensively** explainswhat nutrients are and their role within a healthy balanced diet for the client’s sporting activity.Gives a **wide range** of relevant examples of food sources of nutrients.**[5 6]** |
|   **/6** |

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| **Task 2 – Topic Area 2: Applying differing dietary requirements to varying types of sporting activity** |       |  |       |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| **Briefly** outlines the importance of nutrition before, during and after exercise for each sporting activity.Outlines the **basic** nutritional requirements for each sporting activity. Matches different needs with different activities with **limited** accuracy.Outlines with **limited** accuracy,thefoods that are ideal and foods to limit for each sporting activity.**Limited** or no justification of why these foods are either ideal or to be limited.**[1 2 3 4]** | **Adequately** explains the importance of nutrition before, during and after exercise for each sporting activity.Outlines **a range** of nutritional requirements for each sporting activity. Matches different needs with different activities with **some** accuracy.Explains with **some** accuracyfoods that are ideal and foods to limit for each sporting activity.**Some** justification of why these foods are either ideal or to be limited. **[5 6 7 8]** | **Comprehensively** explains the importance of nutrition before, during and after exercise for each sporting activity.Outlines a **wide range** ofnutritional requirements for each sporting activity. Matches different needs with different activities **accurately**.**Comprehensively** explainswhysome foods are ideal and what foods to limit for each sporting activity.**Detailed** justification of why these foods are either ideal or to be limited.**[9 10 11 12]** |
|   **/12** |

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| **Task 3 – Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity** |       |  |       |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| The plan meets **few** of the specific needs and requirements identified in the goals.Measurement of the impact of the nutrition plan is **brief**, with **limited** reflection on the client’s needs.Ideas for improvement are **basic** rather than specific to the sporting activity or individual.**Limited** or no justification for the ideas for improvement.**[1 2 3 4]** | The plan meets **some** of the specific needs and requirements identified in the goals.Measurement of the impact of the nutrition plan is **adequate** and **some** of the client’s needs are reflected upon.Ideas for improvement are **partly** relevant and considered to the sporting activity or individual.**Some** justification of the ideas for improvement. **[5 6 7 8]** | The plan meets **all** of the specific needs and requirements identified in the goals.Measurement of the impact of the nutrition plan is **comprehensive** and **most** of the client’s needs are reflected upon.Ideas for improvement are **specific** to the sporting activity or individual.**Detailed** justification of the ideas for improvement.**[9 10 11 12]** |
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| **Task 4 – Topic Area 4: How nutritional behaviours can be managed to improve sports performance** |       |  |       |
| **MB1: 1 - 3 marks** | **MB2: 4 - 7 marks** | **MB3: 8 - 10 marks** |
| **Limited** discussion of the detrimental effects of overeating, under eating and dehydration, using **few** references to sports performance in your client’s activity. **Limited** discussion of how nutrition can be positively managed by overeating, under eating and dehydration, using **few** references to sports performance in your client’s activity.**[1 2 3]** | **Adequately** discusses the detrimental effects of overeating, under eating and dehydration, using **some** references to sports performance in your client’s activity.**Adequately** discusses how nutrition can be positively managed by overeating, under eating and dehydration, with **some** references to sports performance in your client’s activity. **[4 5 6 7]** | Discusses in **detail** the detrimental effects of overeating, under eating and dehydration, with **clear and detailed** references to sports performance in your client’s activity.Discusses in **detail** how nutrition can be positively managed by overeating, under eating and dehydration, with **clear and detailed** references to sports performance in your client’s activity.**[8 9 10]** |
|     **/10** |
| **Total** |   /**40** |  |

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| Please tick to confirm this work has been standardised internally | **[ ]**  |

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).
A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form

1 One form should be used for every candidate.

2 Please make sure that all parts of the form are completed.

3 Please enter specific page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.

4 Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.

5 Enter the circled/highlighted mark in the 'Mark' column.

6 Add the marks for the strands together to give a total out of 40. Enter this total in the relevant box.

7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.

8 For Electronic Internal submissions, prior to submitting ‘candidate evidence’ to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.