



Oxford Cambridge and RSA

OCR Level 1/Level 2 Cambridge National in Sport Science

Qualification J828

Unit R183

Unit Recording Sheet

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
Scenario Title											
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							
<p>Provides a limited description of what nutrients are and their role within a healthy balanced diet for the client's sporting activity.</p> <p>Gives a limited range of relevant examples of food sources of nutrients.</p> <p>[1 2]</p>		<p>Adequately describes what nutrients are and their role within a healthy balanced diet for the client's sporting activity.</p> <p>Gives a range of relevant examples of food sources of nutrients.</p> <p>[3 4]</p>		<p>Comprehensively explains what nutrients are and their role within a healthy balanced diet for the client's sporting activity.</p> <p>Gives a wide range of relevant examples of food sources of nutrients.</p> <p>[5 6]</p>							
								/6			

Marking Criteria			Teacher Comments	Mark	Page No.
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			
<p>Briefly outlines the importance of nutrition before, during and after exercise for each sporting activity.</p> <p>Outlines the basic nutritional requirements for each sporting activity. Matches different needs with different activities with limited accuracy.</p> <p>Outlines with limited accuracy, the foods that are ideal and foods to limit for each sporting activity.</p> <p>Limited or no justification of why these foods are either ideal or to be limited.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>Adequately explains the importance of nutrition before, during and after exercise for each sporting activity.</p> <p>Outlines a range of nutritional requirements for each sporting activity. Matches different needs with different activities with some accuracy.</p> <p>Explains with some accuracy foods that are ideal and foods to limit for each sporting activity.</p> <p>Some justification of why these foods are either ideal or to be limited.</p> <p style="text-align: right;">[5 6 7 8]</p>	<p>Comprehensively explains the importance of nutrition before, during and after exercise for each sporting activity.</p> <p>Outlines a wide range of nutritional requirements for each sporting activity. Matches different needs with different activities accurately.</p> <p>Comprehensively explains why some foods are ideal and what foods to limit for each sporting activity.</p> <p>Detailed justification of why these foods are either ideal or to be limited.</p> <p style="text-align: right;">[9 10 11 12]</p>		/12	

Marking Criteria			Teacher Comments	Mark	Page No.
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			
<p>The plan meets few of the specific needs and requirements identified in the goals.</p> <p>Measurement of the impact of the nutrition plan is brief, with limited reflection on the client's needs.</p> <p>Ideas for improvement are basic rather than specific to the sporting activity or individual.</p> <p>Limited or no justification for the ideas for improvement.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>The plan meets some of the specific needs and requirements identified in the goals.</p> <p>Measurement of the impact of the nutrition plan is adequate and some of the client's needs are reflected upon.</p> <p>Ideas for improvement are partly relevant and considered to the sporting activity or individual.</p> <p>Some justification of the ideas for improvement.</p> <p style="text-align: right;">[5 6 7 8]</p>	<p>The plan meets all of the specific needs and requirements identified in the goals.</p> <p>Measurement of the impact of the nutrition plan is comprehensive and most of the client's needs are reflected upon.</p> <p>Ideas for improvement are specific to the sporting activity or individual.</p> <p>Detailed justification of the ideas for improvement.</p> <p style="text-align: right;">[9 10 11 12]</p>		/12	

Marking Criteria			Teacher Comments	Mark	Page No.
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			
<p>Limited discussion of the detrimental effects of overeating, under eating and dehydration, using few references to sports performance in your client's activity.</p> <p>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.</p> <p style="text-align: right;">[1 2 3]</p>	<p>Adequately discusses the detrimental effects of overeating, under eating and dehydration, using some references to sports performance in your client's activity.</p> <p>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.</p> <p style="text-align: right;">[4 5 6 7]</p>	<p>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.</p> <p>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.</p> <p style="text-align: right;">[8 9 10]</p>			
Total				/10	
				/40	

Please tick to confirm this work has been standardised internally	
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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).

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

- One form should be used for every candidate.
- Please make sure that all parts of the form are completed.
- 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.
- Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.
- Enter the circled/highlighted mark in the 'Mark' column.
- Add the marks for the strands together to give a total out of 40. Enter this total in the relevant box.
- For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.
- 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.