

PE30.7

Nutrition – Analyze the role of nutritional choices to support participation in self-selected physical activities.

Indicators for this outcome

- (a) Assess how nutritional choices (e.g., vegetarianism, carbohydrate loading, intermittent fasting and high protein meal) might impact participation in a physical activity.
- (b) Identify how an individual's nutritional choices for a self-selected physical activity may be influenced by factors such as type of activity, cost and geographical location.
- (c) Apply a basal metabolic rate formula with an activity factor to determine the daily caloric requirements when participating in an activity.
- (d) Assess whether an individual's daily caloric intake meets the daily energy requirements for participating in an activity.
- (e) Investigate the limitations of calorie counting as a method of determining how much food to eat to support participation in a physical activity.
- (f) Describe how nutrient timing (e.g., what and when to eat and drink) impacts participation and performance in an activity.
- (g) Research the positive and negative effects of supplements (e.g., protein powder, creatine, branched-chain amino acids and steroids) and nutritional products (e.g., meal replacement drink, sports drink, energy gel and protein bar) on physical performance.
- (h) Critique how current nutritional trends (e.g., ketogenic, gluten free and high protein diets) might influence nutritional choices when participating in physical activity.
- (i) Design a nutrition plan using informed nutritional choices and nutrient timing, to enhance performance in a self-selected physical activity.