Nutrition and physical activity

Lesson B

Unit: Applying the principles of nutrition to a physical activity programme
Learning outcomes & assessment criteria

Learning outcome: The learner will:

LO4: Understand the relationship between nutrition and physical activity.

Assessment criteria: The learner can:

4.4 Explain how to estimate energy requirements based on physical activity levels and other relevant factors.
4.5 Identify energy expenditure for different physical activities.
4.6 Evaluate the nutritional requirements and hydration needs of clients engaged in physical activity.
Daily energy needs

Government guidelines indicate that:

• Men require 2550 kcals/day.

• Women require 1900 kcals/day.

These guidelines are based on average population data and do not reflect the body size or activity level of an individual.

Many people following these guidelines would be consuming well in excess of their daily need – leading to weight gain.
Personalised estimates of daily energy needs can be calculated by multiplying a physical activity factor with the BMR reading from Harris-Benedict.

Use each of the multiplication factors with your estimated BMR.
REFLECTION

How did the results you calculated compare to the government guidelines?

How does this compare to your typical eating habits?

How much difference did using the different multipliers make?
A compendium of physical activities is available that lists the amount of energy used for thousands of different activities:

https://sites.google.com/site/compendiumofphysicalactivities/

Use the examples in your manual to help identify the factors that affect energy expenditure during activity.
LO4: Understand the relationship between nutrition and physical activity.

**Assessment criteria:** Can you now:

- Explain how to estimate energy requirements based on physical activity levels and other relevant factors?
- Identify energy expenditure for different physical activities?
- Evaluate the nutritional requirements and hydration needs of clients engaged in physical activity?