

Unit 2 Understanding the role of nutrition in exercise

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Understanding the role of nutrition in exercise (QCA Unit No. D/500/1126) In this unit candidates will gain an understanding of the role of carbohydrates, fats, proteins, vitamins and minerals in a healthy diet, the nutritional requirements for optimum exercise performance and how this varies for different types of exercise. The candidate will also consider the role and importance of fluid in the body during rest and exercise. The unit has three elements:



[Element 2.1 Understand diet and nutrition for exercise](#) [2]

[Element 2.2 Energy for exercise](#) [3]

[Element 2.3 Fluid replacement for exercise](#) [4]

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[2] <http://theingots.org/community/node/14959>

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[4] <http://theingots.org/community/node/15698>

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[5] <http://theingots.org/community/node/13482>