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USP42
Principles of health and fitness

Learning Outcome 5

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Learning Outcome 5:

Understand the importance of healthy eating

Learning Outcome 5: Understand the importance of healthy eating

At the end of this learning outcome, you will be able to:

a) Explain the dietary role of key macronutrients

b) Explain the dietary role of key micronutrients

c) Identify common dietary sources for key macro and micro-nutrients

d) Explain the importance of adequate hydration

e) Explain current healthy eating guidelines

f) Explain the importance of healthy eating in relation to growth, repair and injury

g) Explain professional boundaries when offering healthy eating advice

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The following slides are presented by section, a-g

a. Explain the dietary role of key macronutrients

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a. Explain the dietary role of key macronutrients

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- Carbohydrate:
  - Energy source
  - Energy reserve
  - Provide fibre
- Fats:
  - Energy source
  - Energy storage
  - Insulation
  - Protection of vital organs
  - Cell membrane
  - Hormone production
- Protein:
  - Growth and repair
  - Transportation of substances
  - Function as hormones
  - Act as enzymes



b. Explain the dietary role of key micronutrients

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a. Explain the dietary role of key micronutrients

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- Fat soluble vitamins:
  - A, D, E, K
- Water Soluble Vitamins:
  - B, C
- Roles of Vitamins:
  - Energy metabolism
  - Protein synthesis
  - Blood clotting
  - Red blood cell formation
  - Aid growth
  - Maintenance of teeth and bones
  - Aids vision
- Minerals:
  - Calcium
  - Phosphorus
  - Iron
  - Sodium
  - Potassium
  - Zinc



a. Explain the dietary role of key micronutrients

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- Roles of Minerals:
  - Bone growth
  - Teeth growth
  - Energy production
  - Enzyme function
  - Nerve function
  - Muscle function
  - Water balance
  - Blood clotting
  - Oxygen transport in red blood cells



c. Identify common dietary sources for key macro- and micro-nutrients

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c. Identify common dietary sources for key macro- and micro-nutrients

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- **Simple Carbohydrates:**
  - Sugar
  - Sweets
  - Chocolate
  - Fruit
- **Complex Carbohydrates:**
  - Beans
  - Bread
  - Pasta
  - Potatoes
  - Rice
  - Corn
- **Vitamins:**
  - Vegetables
  - Milk
  - Fruit
  - Fish
  - Eggs
- **Fats:**
  - Meats
  - Dairy Products
  - Processed foods
  - Cakes
  - Bisuits
  - Pies
  - Pastries
  - Oils
- **Protein:**
  - Meat
  - Fish
  - Eggs
  - Dairy products
  - Grains
  - Beans
  - Leafy vegetables
- **Minerals:**
  - Milk
  - Nuts
  - Vegetables
  - Meats



d. Explain the importance of adequate hydration

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d. Explain the importance of adequate hydration

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Hydration Guidelines:

- Type – Ph neutral water at room temperature
- Quantity – approx. 3.5 litres for men and 2.5 litres for women
- Timing – little and often

Importance of Hydration:

- Maintain body balance and homeostasis – maintenance of body physiological stability
- Maintain body processes and function
- Maintain physical and mental performance



e. Explain current healthy eating guidelines

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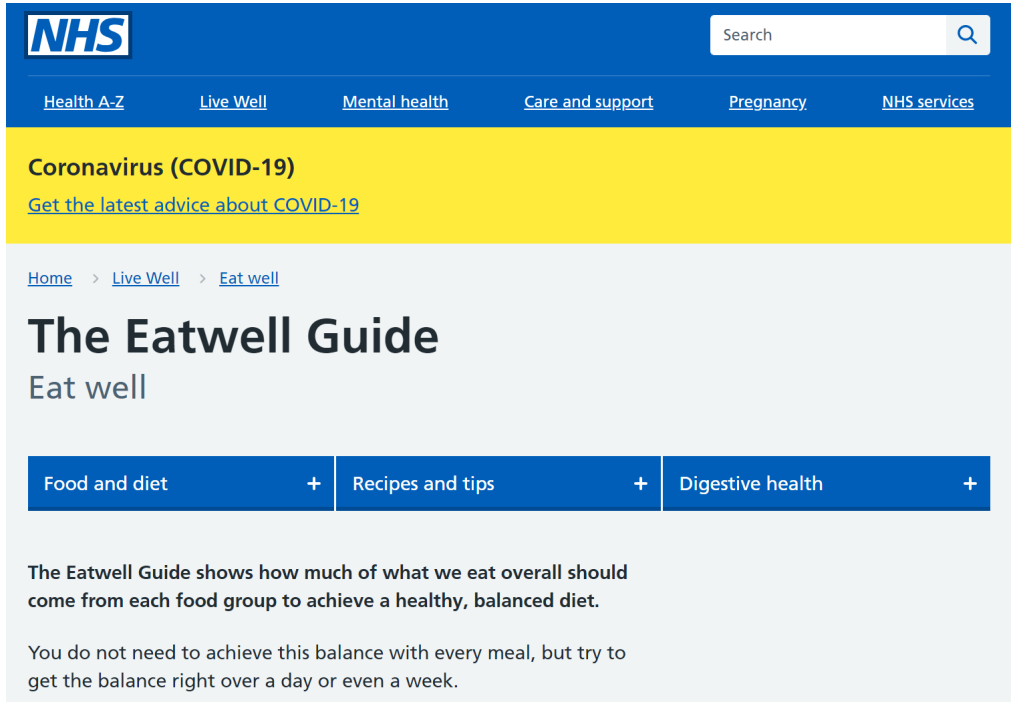
e. Explain current healthy eating guidelines

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Principles of a healthy balanced diet:

- Reducing processed foods
- Reducing sugar intake
- Reducing salt intake
- Food standards agency – Eat well plate
- Government recommendations for fruit and vegetable intake

https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/



f. Explain the importance of healthy eating in relation to growth, repair and injury

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f. Explain the importance of healthy eating in relation to growth, repair and injury



- **Growth** – optimising growth during childhood, pregnancy and adolescence
- **Repair** – Provide nutrients for structural repair and optimise speed of repair – crucial when exercising and injured
- **During injury** – weight management when activity is decreased and optimise rate of recovery

g. Explain profession boundaries when offering healthy eating advice

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g. Explain profession boundaries when offering healthy eating advice

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- Advise based on current guidelines and evidence base
- Ensure the individual is fit and healthy with no underlying conditions - Refer on if not
- Be informative and non judgemental



What next?

- **All sections** of learning outcome 5 for unit USP42 will be assessed in through portfolio evidence.

- Refer to your VTCT Level 3 Diploma in Sports Massage Therapy learner record of assessment handbook for direction.

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