

Assignment 3 – Personalised Nutrition

Purpose

To apply knowledge from previous lectures and assignments to a common scenario encountered in applied sports nutrition.

Learning Outcomes

After completing this assignment you will be able to.....

- Formulate dietary recommendations by combining food records with interview transcripts
- Communicate dietary recommendations in a manner that is easily understood and implemented
- Modify dietary recommendations to suit individual food preference, lifestyle, and special requirements

Introduction

Video Introduction:



The previous assignments have provided you with the skills to quantitatively assess food intake and critically appraise the effectiveness of supplementation. When working with sportspeople the void in knowledge between the scientist and the layperson often results in advice becoming lost or misunderstood. An important skill for nutrition practitioners is the ability to communicate information and recommendations in a manner that is easy understood and implemented.

For this assignment you are provided with the resources below that give an overview of an athlete's diet and eating habits. These include a 3-day food diary, summary results from dietary analysis of the food diary, and a recorded consultation between the athlete and a sports nutritionist.

You must produce a report/advice/information leaflet (there is no word limit, line spacing restrictions or style guidelines this report) for the athlete that is easy to understand and provides dietary recommendations based on the individual's tastes, lifestyle habits and any other special requirements.

A workshop for this assignment take place in Lab 7. You may use this time to work on your assignment or to discuss your report with the teacher.

Resources

Recording of consultation:



[Dietary Analysis Report \(https://canvas.auckland.ac.nz/courses/40522/files/3285170/download?wrap=1\)](https://canvas.auckland.ac.nz/courses/40522/files/3285170/download?wrap=1) 

<https://canvas.auckland.ac.nz/courses/40522/files/3285170/download?wrap=1>

Diet Diary (<https://canvas.auckland.ac.nz/courses/40522/files/3285270/download?wrap=1>) 

(<https://canvas.auckland.ac.nz/courses/40522/files/3285270/download?wrap=1>)

The following guides produced by major sporting organisations may be useful to give you some ideas about style, formatting and content.

USADA Nutrition Guide (<https://canvas.auckland.ac.nz/courses/40522/files/3285194/download?wrap=1>) 

(<https://canvas.auckland.ac.nz/courses/40522/files/3285194/download?wrap=1>)

IOC Nutrition for Athletes (<https://canvas.auckland.ac.nz/courses/40522/files/3285219/download?wrap=1>)

 (<https://canvas.auckland.ac.nz/courses/40522/files/3285219/download?wrap=1>)

IAAF Nutrition for Athletics (<https://canvas.auckland.ac.nz/courses/40522/files/3285200/download?wrap=1>)

 (<https://canvas.auckland.ac.nz/courses/40522/files/3285200/download?wrap=1>)

FIFA Nutrition for Football (<https://canvas.auckland.ac.nz/courses/40522/files/3285205/download?wrap=1>)

 (<https://canvas.auckland.ac.nz/courses/40522/files/3285205/download?wrap=1>)

Assignment Report (18 marks available)

Your feedback report for the athlete will be graded using the following criteria:

Areas of the diet chosen to be addressed (5 marks)

Have the most important points that require improvement been selected, have the less important areas been omitted (you can't expect to address every element of the diet in such a brief report).

Advice and recommendations (6 marks)

How accurate and scientifically correct are the guidelines and recommendations given for improving the diet and enhancing performance/wellbeing.

Effectiveness/impact of recommendations (4 marks)

How easy will the guidelines and suggestions be to follow and remember for the layperson. How applicable the suggestions are to the athlete's diet and lifestyle habits and food preferences.

Style and presentation (3 marks)

How professional, eye-catching, and easy to view does the report look.

Other Points

You should read the example resources and find other examples of general dietary advice aimed at athletes and laypersons.

There is no word count or style limitations to your report (but your document must be in a format compatible with Canvas). The use of images and charts should be considered to help illustrate your advice in a simple & eye-catching fashion. Suggesting actual groceries and meals will enhance the effectiveness of your message. There is no need to provide an appendix or reference list for this assignment, your report should be submitted as it would be handed to the athlete.

Peer Appraisal (2 marks available)

For this component of the assessment you will be marked on your ability to appraise the usefulness of dietary recommendations reports. This will demonstrate how well you understand the important aspects

of a report designed for a layperson.

You will mark two reports using the assignment report criteria listed above. The coursework grades for reports you are assessing will not be influenced by peer appraisal.

You should assign a mark for each section of the report using the rubric provided and add a comment (click the speech bubble icon) for each section briefly describing your reasons for the chosen mark. For full marks you must write a comment for each rubric criteria that explains your choice of mark for each section.

For help with submitting a peer review see: <https://community.canvaslms.com/docs/DOC-10651-421254363> (<https://community.canvaslms.com/docs/DOC-10651-421254363>)