

STEP INTO SIXTH FORM

TASK 1: SPORT

INTRODUCTION VIDEO

Click [here](#) to view the task introduction video.

TASK: ATHLETE GUESS WHO

You will need a pen, paper and a calculator to complete this task.

One of the roles of a sports nutritionist is to support athletes to achieve their optimal body weight. Your challenge is to identify the athlete based on the clues within the case studies provided. You will have access to information within the presentation that will support you to identify the correct athlete. You will also be asked to answer some short questions to check that you have identified the correct athlete by using the calculations provided. Use the answer sheet provided to summarise your findings.

WEBSITES AND ONLINE LEARNING MATERIALS

These resources are within the presentation but can also be found on the following websites:

- 1) Click [here](#) to access the presentation
- 2) BMI chart: <https://bmicalculator.mes.fm/bmi-chart>
- 3) Basal Metabolic Rate Calculator and total energy requirements based on physical activity levels: <https://fitnesswithnicholas.wordpress.com/2010/12/12/how-much-should-i-eat/>
- 4) Body fat percentages: <https://www.medicalnewstoday.com/articles/body-fat-percentage-chart>
- 5) Click [here](#) to access the answer sheet

CONTACT

For any questions about your Step Into Sixth Form, please select the Sport & Leisure Pathway via the chat function <v.tour.stokesfc.ac.uk>