AS LEVEL PE - PROGRESS / TRACKING SHEET

DIET AND NUTRITION AND THEIR EFFECT ON PHYSICAL ACTIVITY AND PERFORMANCE

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
Identify the seven classes of food as: carbohydrates, fats, proteins, vitamins, minerals, fibre and water									
Identify the exercise-related function of each of these types of food									
Identify the positive and negative effects of creatine, sodium bicarbonate, caffeine and glycogen loading on the performer									