

Active IQ Level 3 Diploma in PT LAP P-24-27 Worksheet

Worksheet – Diploma in Personal Training

There are 50 marks available in this worksheet. You must score a minimum of 44 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.

1. Why is a healthy, balanced diet essential for fuelling and recovering from exercise and physical activity?

Nutrition works hand-in-hand with exercise because it is the fuel your body needs to replenish itself after a workout. It helps maintain blood-glucose concentration during exercise, maximise exercise performance, and improve recovery time. A proper combination of carbohydrates, protein and fats will fuel the body with ATP and all the nutrients it needs to recover properly afterwards.

2 marks (minimum 1 mark)

2. What is the role of each macronutrient in relation to **generating energy** for exercise and physical activity?

Protein	Helps provide energy when glycogen levels are low.
Fat	It is a major source of energy during lower intensity workouts. This also includes saturated fat as having some of it, provisions energy and structural integrity to the cells.
Carbohydrate	They are converted into glucose. With that they get converted into energy more easily than proteins or fats.

3 marks (minimum 3 marks)

3. What is the role of each macronutrient in **post-exercise recovery**?

Protein	Protein breakdown increases during and immediately after exercise. So it is important to supply the necessary amount depending on the fitness goal to compensate for the loss.
Fat	They help transport oxygen and keep the red blood cells healthy which are vital and are challenged during exercise.
Carbohydrate	Glycogen stores need to be refilled after exercise. If you don't eat enough carbohydrates, it will take longer to refuel and can result in early tiredness.

3 marks (minimum 3 marks)

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Andrew Peterson, Kelly Wood

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