

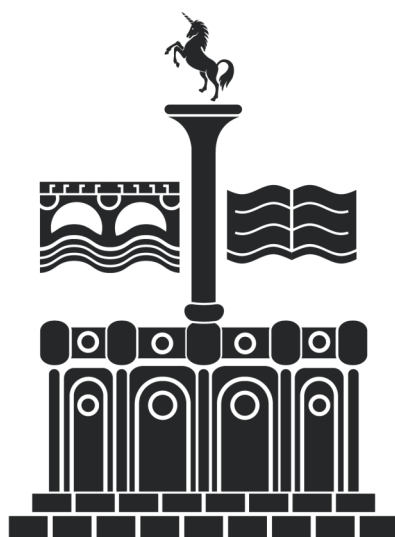
# L5 Sports Nutrition

**Course Descriptor:** The SCQF Level 5 sports nutrition course helps pupils understand and improve their knowledge of the link between nutrition and physical activity. Learning about the functions of different nutrients and how they affect the body if too much or too little are consumed as well as good food sources of each of these. Each week pupils will create dishes linked to the particular nutrient being taught that week. Whilst looking at sports nutrition pupils will then select an area of wellbeing they would like to develop and carry out activities to reach a goal they have set for themselves. This involves them using their research skills as they look at a variety of information from various sources to create a presentation on their chosen area of wellbeing. Successfully completing this course enables pupils to achieve the SQA L5 Wellbeing Award.

**Assessment Details:** Exploring Wellbeing (50%) and Improving Wellbeing (50%).

**Next Steps:** Completing this Senior Core course can lead to pupils looking across the school and completing the SCQF Level 5 sports performance.

**Senior  
Phase**



**Perth Grammar School**

With Pride ◦ We Respect ◦ With Ambition ◦ We Strive

*Find out more about this qualification on the [Scottish Qualification Authority](#) website.*