5.6 Health, Fitness and Wellbeing: Diet, Body Composition and Matching Nutrition to Sport: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which of these best describes what a 'somatotype' is?

- ☐ A) A fixed target body shape that every performer in a sport should aim for
- ☐ B) One of three broad, descriptive categories used to classify general body shape
- ☐ C) A measurement of a performer's body fat percentage
- ☐ D) A method for calculating a performer's ideal training weight

(Total for Question 1 is 1 mark)

---

2 State two individual factors, other than sport or training, that can affect the physical characteristics a performer shows.

(Total for Question 2 is 2 marks)

---

3 Explain, using two contrasting named sports as examples, why body composition needs can differ between sports.

(Total for Question 3 is 2 marks)

© Revision Library | revisionlibrary.co.uk

4 Which statement about somatotypes and sporting performance is most accurate?

- ☐ A) Elite performers in a given sport typically show a wide range of body builds, alongside other important factors such as skill and fitness
- ☐ B) Only performers with one specific somatotype can succeed in a given sport
- ☐ C) Somatotype is a more important predictor of sporting success than skill or fitness
- ☐ D) A performer's somatotype can be changed completely through diet alone

(Total for Question 4 is 1 mark)

---

5 Explain why a performer's diet should generally be matched to the physical demands of their own sport and training, rather than to a fixed idea of an 'ideal' body shape.

(Total for Question 5 is 3 marks)

---

6 State whether you agree with this statement, and justify your answer using knowledge of somatotypes and different sporting demands.

(Total for Question 6 is 2 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 5.6 Health, Fitness and Wellbeing: Diet, Body Composition and Matching Nutrition to Sport: 10-minute Pack

Question 1

B **B1**

Answer: B

Question 2

genetics/inherited body frame, oe **B1**

growth and development (age), oe **B1**

Answer: Genetics (inherited body frame) and growth and development (age) can both affect a performer's physical characteristics, independently of their sport or training.

Question 3

a sport demanding an explosive, powerful contact effort, e.g. rugby scrummaging, can benefit from a build with more overall muscle mass, to generate and withstand force, oe **B1**

a sport demanding sustained, repeated movement of the body's own weight, e.g. distance running, can benefit from a lower relative body mass to move efficiently over a long distance, oe **B1**

Answer: Rugby scrummaging can benefit from a build with more overall muscle mass, to generate and withstand force, while distance running can benefit from a lower relative body mass, to move the body efficiently over a long distance.

Question 4

A **B1**

Answer: A

Question 5

different sports place different physical demands on performers, e.g. differing needs for muscle mass, power, or a favourable power-to-weight ratio, oe **B1**

diet should provide the energy and nutrients needed to fuel and recover from those specific training demands, oe **B1**

aiming for a fixed body shape not linked to the performer's own training and sport risks providing a diet that does not actually match what their body needs to perform and recover well, oe **B1**

Answer: Different sports place different physical demands on performers, so diet should provide the energy and nutrients needed to fuel and recover from those specific training demands. Aiming for a fixed body shape not linked to the performer's own training and sport risks providing a diet that does not actually match what their body needs to perform and recover well.

Question 6

agree, oe **B1**

justification: different sports have different physical demands, so a build suited to one sport (e.g. more muscle mass for scrummaging) would not necessarily suit a very different sport (e.g. distance running), showing there is no single type best for all sport, oe **B1**

Answer: Agree. Different sports have different physical demands, so a build suited to one sport, such as more muscle mass for scrummaging, would not necessarily suit a very different sport, such as distance running, showing there is no single body type that is best for all sport.

© Revision Library | revisionlibrary.co.uk