



## **Level 3 Nutrition for Physical Activity Exam:**

### **The Revision Guru Guide**

**This guide is deigned to give you a knowledge checklist for your Level 3 Nutrition exam.**

**If you understand the following checklist of learning outcomes then you will be well prepared for your Multiple choice exam. At the end of the learning outcome checklists there are some top tips to be great at your exams on the day.**





## Level 3 Nutrition for Physical Activity

**This Exam has 40 Multiple Choice Questions – you need to answer 28 of these correctly in order to Pass. You have 90 minutes to complete the exam and cannot use any resources to help you**

<b>Learning Outcomes: Digestive System</b>	<b>Tick if you know this</b>
<b>Know the digestive system and route that food takes throughout the body</b>	
<b>Know the digestive processes and organs and what their role is in digestion (i.e which process breaks down carbohydrates or where are nutrients absorbed from)</b>	

<b>Learning Outcomes: Terminology and guidelines</b>	<b>Tick if you know this</b>
<b>Define terms like healthy eating, balanced diet, starvation response, basal metabolic rate, RDA</b>	
<b>Understand Artificial sweeteners and their effect on the body in comparison to natural sugars</b>	
<b>Understand key differences in food preparation methods – benefits of different cooking styles</b>	
<b>Be familiar with governing bodies that influence our nutritional guidelines. Be able to outline the models that reflect these guidelines</b>	
<b>Outline government guidelines for healthy eating. Be able to identify responsible sources of nutritional guidelines.</b>	
<b>Understand marketing terminology</b>	
<b>Understand the role of a fitness professional when offering nutritional advice. Understand the role of other professionals and when to refer a client to them.</b>	
<b>Understand key signs and symptoms of eating disorders and unhealthy food relationships</b>	



<b>Learning Outcomes: Macro Nutrients</b>	<b>Tick if you know this</b>
<b>What are the main functions of our macro nutrients: Protein, Fat and Carbohydrates?</b>	
<b>Be able to identify foods that have Omega 3</b>	
<b>How many calories in a gram of each macronutrient</b>	
<b>What are Amino Acids – how many essential and non essential</b>	
<b>The effect and differences between various fats: hydrogenated, saturated, Monounsaturated, Polyunsaturated.</b>	

<b>Learning Outcomes: Nutrition for Activity and working with clients</b>	<b>Tick if you know this</b>
<b>Understand the Energy balance equation, and factors that influence energy expenditure</b>	
<b>Which Fuels are dominant in each of the energy systems</b>	
<b>Understand the approximate caloric burn value of a range of activities/ exercises and be able to identify which is higher/lower</b>	
<b>Understand key guidelines about pre and post workout nutrition</b>	
<b>Understand guideline variations for specialist populations, conditions and religious beliefs</b>	
<b>Outline the purpose of particular legal forms, legislation and policies/procedures in relation to nutritional advice</b>	
<b>What methods of data collection are most appropriate for nutritional goals, what are the value/ benefit of these methods?</b>	



## Top Tips: The Path to Exam Success:



### 1. Find out about the exam

Know your enemy - find out as much as you can about the exam. This document is designed to give you all of that information.

### 2. Ask for help

Don't feel bad if you need to ask for help. Please ask the Parallel Coaching Team if you need more support or specific knowledge based information

### 3. Check past exam papers

We have sent you mock papers and test questions that you can become familiar with the question wording and also with the content. If you find it hard to answer these questions or to understand what it is asking then you may need a reader or some special adjustments on Exam day, so please speak to the Parallel Coaching Team if you have any worries.

### 4. Plan your day

Ensure you know where to go and how to get there, do everything to avoid stresses on the day. Plan your food for the night before and that morning so that you are topped up, energised and ready to face the exam room.

### 5. Don't cram

Stick to what you already know when studying the night before an exam. You'll only make yourself nervous if you try to learn new information. Review your notes or test yourself on key points.

### 6. Keep your cool

Don't talk to other students about the exam before the exam. It could confuse you or make you lose confidence in yourself.



The same goes for after the exam. Don't hang around talking about what was on it or you'll start to doubt yourself and stress out if you think you made a mistake.

## 7. Chose the Easy Questions First

Have a look through the questions, pick out the ones that you think are easier and answer these first, then come back to the harder ones. In every exam you will have some that sit below the standardised level of the paper and some that sit just above. Therefore in your Level 3 paper –there will be some questions that are level 2, some that are level 4 but the majority will be Level 3.

## 8. Break the questions down

A great tip for any exam is to break the questions down to make sure you really understand what you're being asked. Try to use this anagram to help you:

**R** Read the Question thoroughly and cover up the possible answers

**E** Extract the key words

**B** Imagine that the key subject words are in **BOLD**

**U** Now Underline the action words – do they want the answer that  
IS or IS NOT?

**G** Guess what the options may be without looking at the answers. Then uncover the answers if yours is there – it's a good place to start.

**G** Go over the question and estimated answer together once more.

Record your answer on the answer paper – Always double check that you have marked the correct number on the answer paper

## 9. Review your performance

While there's no use stressing out over an exam you've already done, it does help to look at what you can improve on. If you didn't do as well on an exam as you would've liked, ask you're the Parallel Coaching Team if you can get guidance on the areas whereby you dropped marks.



**KEEP  
CALM  
AND  
GOOD LUCK  
WITH THE EXAM**

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