

## 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?

<b>Protein</b>	Helps provide energy when glycogen levels are low.
<b>Fat</b>	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.
<b>Carbohydrate</b>	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**?

<b>Protein</b>	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.
<b>Fat</b>	They help transport oxygen and keep the red blood cells healthy which are vital and are challenged during exercise.
<b>Carbohydrate</b>	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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