

PHYSICAL EDUCATION, SPORTS AND YOGA

1. Remembering:

Define nutrition and its importance in physical education, sports, and yoga.

Recall the components of a balanced diet and their significance in maintaining good health and enhancing performance in sports.

2. Understanding:

Explain the importance of nutrition for fitness components such as strength, flexibility, and endurance.

Describe the specific nutritional requirements for pre, during, and post-competition periods for athletes.

3. Applying:

Demonstrate the ability to create a balanced diet plan for maintaining optimal performance in physical activities.

Implement nutrition guidelines for pre, during, and post-competition phases to maximize athletic performance.

4. Analyzing:

Identify common nutrition deficiencies and their impact on physical performance and overall health.

Evaluate the effectiveness of different nutritional strategies in improving strength, flexibility, and endurance in fitness activities.

5. Evaluating:

Critically assess the importance of nutrition in physical education, sports, and yoga.

Judge the impact of a balanced diet on athletic performance and overall well-being.

6. Creating:

Design a personalized nutrition plan for a specific athlete based on individual fitness goals and dietary requirements.

Propose innovative nutritional strategies to address common deficiencies and improve overall performance in physical activities.