

Title	Describe and maintain optimum personal health, and apply strategies for high performance in a racing industry context		
Level	4	Credits	10

Purpose	People credited with this unit standard will be able to: describe basic personal nutritional requirements; describe nutritional requirements for optimal performance as a jockey; describe the effects of unsafe weight-control practices on health of jockeys; develop, apply and review a personal meal plan for a jockey; and describe strategies for coping with demands of personal high performance, develop high performance goals, and plan and apply strategies to achieve high performance goals for a jockey.
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Classification	Equine > Thoroughbred Racing
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Available grade	Achieved
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Guidance Information

- 1 Legislation and guidelines relevant to this unit standard includes but is not limited to:
 - Health and Safety at Work Act 2015;
 - Ministry of Health Guidelines - <https://www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults>;
 and any subsequent amendments.
- 2 Definition
Workplace procedures – the procedures and standards set by the client or employing organisation. Workplace procedures should reflect equipment manufacturer’s requirements, Ministry of Health Guidelines, and current legislation.
- 3 For the purposes of assessment:
 - evidence must be presented in accordance with workplace procedures.
 - assessment for the practical components of this unit standard must be supplied from a commercial horse enterprise.

Outcomes and performance criteria

Outcome 1

Describe basic personal nutritional requirements.

Performance criteria

- 1.1 Describe the essential nutrients in food sources in terms of their functions.
Range protein, carbohydrates, vitamins, minerals.
- 1.2 Describe adult dietary intake of nutrients and food sources as recommended by Ministry of Health Guidelines.

Outcome 2

Describe nutritional requirements for optimal performance as a jockey.

Performance criteria

- 2.1 Describe energy requirements in terms of the requirements for weight loss, ongoing weight maintenance, and weight gain.
- 2.2 Describe ideal timing of meals in relation to personal daily needs and raceday requirements, and as recommended by Ministry of Health Guidelines.
- 2.3 Describe safe nutrition and hydration strategies for fitness, making weight in short timeframes and limitations, and for ongoing long-term health.

Outcome 3

Describe the effects of unsafe weight-control practices on health of jockeys.

Performance criteria

- 3.1 Describe the psychological and physical effects of unsafe weight-control practices of jockeys.
- 3.2 Describe the physical and cognitive changes to personal sport performance that occur as a result of dehydration.

Outcome 4

Develop, apply and review a personal meal plan for a jockey.

Performance criteria

- 4.1 Develop and apply a personal meal plan leading up to, during, and following raceday.
- 4.2 Review the meal plan and make changes according to personal performance.

Outcome 5

Describe strategies for coping with demands of personal high performance, develop high performance goals, and plan and apply strategies to achieve high performance goals for a jockey.

Performance criteria

- 5.1 Describe strategies for coping with demands of personal high performance.
- 5.2 Develop personal high-performance goals.
- 5.3 Plan and apply strategies for achievement of personal high-performance goals.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	22 May 2009	31 December 2022
Review	2	15 October 2015	31 December 2022
Review	3	25 June 2020	31 December 2023
Review	4	25 November 2021	N/A

Consent and Moderation Requirements (CMR) reference	0018
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Muka Tangata - People, Food and Fibre Workforce Development Council qualifications@mukatangata.nz if you wish to suggest changes to the content of this unit standard.