

Hydration and nutrition · supported focus

Supported focus · SL

Supported scope

- Supported SL focus. First assessment 2026; current SL/HL brief acquired. Remaining guide, assessment and practical requirements retain their recorded holds.
- State model conditions and distinguish fictional data from measurements.

Sport Hydration · 1.1

Reasoning

Body mass can change during activity, but the change is not a direct measurement of sweat alone. Drinking, urine, clothing and scale uncertainty affect the estimate. Start with a prediction. State the quantities or features you would compare, then decide what evidence could distinguish two explanations.

Sport Hydration · 2.1

Reasoning

Water balance compares inputs and outputs. During exercise, heat production can increase sweating, while thirst and hormonal regulation contribute to fluid balance. Hydration needs vary with activity, environment and the person; a classroom calculation cannot prescribe a universal intake or diagnose a health condition. water balance: Relationship between water inputs, outputs and storage; sweat rate : Sweat volume lost per unit time under stated conditions.

Sport Hydration · 3.1

Reasoning

For a simplified field estimate, sweat loss in kilograms is approximately pre-activity mass minus post-activity mass plus drink mass minus urine mass. Express the estimate per hour only after recording duration. This approximation omits some respiratory and metabolic mass changes and assumes comparable dry clothing and a suitable balance. Analyse fictional or consented teacher-approved low-risk data. Record balance resolution, time, intake and whether clothing conditions match. Students need not exercise or disclose personal body mass. Never restrict drinking or induce dehydration to create a result. Compare uncertainties and alternative explanations before interpreting a difference.

Sport Hydration · 4.1

Reasoning

State the known values and their units. Choose the relation because its assumptions fit this case, then rearrange before substitution. Known: fictional mass is 60.0 kg before and 59.6 kg after one hour; drink intake is 0.50 kg and urine output 0.10 kg.

Estimated sweat loss = $60.0 - 59.6 + 0.50 - 0.10 = 0.80$ kg, approximately 0.80 L using 1 kg/L. The 0.40 kg body-mass decrease alone would underestimate this modelled loss.

Sport Hydration · 4.2

Reasoning

Fictional mass changes from 70.0 to 69.7 kg, with 0.40 kg drink and 0.10 kg urine in one hour. Estimate sweat loss. Use the same sequence: known quantities → model → relation → substitution → unit and interpretation.

Sport Hydration · 5.1

Reasoning

A change in mass is not necessarily a change in body fat. A modelled sweat estimate does not justify fluid restriction, diagnosis, or a one-size-fits-all sports recommendation. Return to the original observation. Explain what the result supports, which conditions it assumes, and one way to test a competing explanation.

Sport Hydration · 5.2

Reasoning

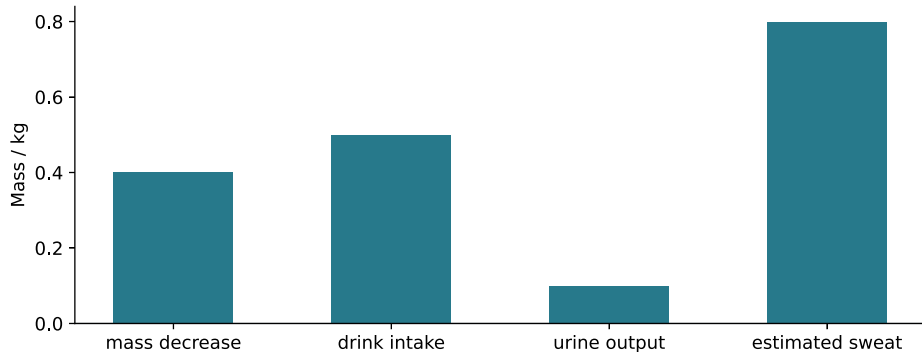
Body-mass change during an activity directly measures sweat loss without other information. This claim is false: A change in mass is not necessarily a change in body fat. A modelled sweat estimate does not justify fluid restriction, diagnosis, or a one-size-fits-all sports recommendation.

Sport Hydration · 5.3

Reasoning

Hydration: interpret balance without forcing dehydration: For a simplified field estimate, sweat loss in kilograms is approximately pre-activity mass minus post-activity mass plus drink mass minus urine mass. Express the estimate per hour only after recording duration. This approximation omits some respiratory and metabolic mass changes and assumes comparable dry clothing and a suitable balance.

Sport Hydration · diagram



- Original teaching diagram: Hydration: interpret balance without forcing dehydration
- Use the labels and the stated model together.

Sport Hydration · original transfer

Your turn

Fictional mass falls 0.4 kg with 0.5 kg drink and 0.1 kg urine. Find modelled sweat loss and explain why this is not a drinking prescription.

Sport Hydration · transfer reasoning

Method and interpretation

Loss = $0.4 + 0.5 - 0.1 = 0.8$ kg. The model assumes other mass flows can be neglected and measurements are accurate. Classroom mass balance does not supply individual clinical advice.

Nutrition · 1.1

Reasoning

Two foods can have the same mass but provide different nutrients. A health claim must distinguish the nutrient measured from the health outcome inferred. Start with a prediction. State the quantities or features you would compare, then decide what evidence could distinguish two explanations.

Nutrition · 2.1

Reasoning

Large insoluble food molecules are digested into smaller soluble molecules.

Carbohydrases form sugars, proteases form amino acids, and lipases form fatty acids and glycerol. Bile emulsifies lipids and helps neutralize acidic stomach contents.

digestion : Breakdown of large food molecules; absorption : Movement of soluble products into the body.

Nutrition · 3.1

Reasoning

Absorption moves soluble products into blood or lymph. Thin exchange surfaces and a large surface area shorten diffusion paths and increase transfer. Enzyme activity and transport are different processes. Use Benedict reagent with controlled heating for reducing sugars, iodine for starch, Biuret reagent for protein, and the ethanol emulsion test for lipids. Keep ethanol away from flames. Use positive and negative controls.

Nutrition · 4.1

Reasoning

State the known values and their units. Choose the relation because its assumptions fit this case, then rearrange before substitution. Known: 6 of 24 study participants report a condition. Proportion = cases / total. Percentage = $6/24 \times 100 = 25\%$. The percentage describes this sample. It does not establish that one food caused the condition; confounders and how the sample was chosen matter.

Nutrition · 4.2

Reasoning

9 of 36 participants report an outcome. Calculate the percentage. Use the same sequence: known quantities → model → relation → substitution → unit and interpretation.

Nutrition · 5.1

Reasoning

Bile is not an enzyme. A positive food test identifies a component under the test conditions; it does not show that a food is healthy or unhealthy in every diet. Return to the original observation. Explain what the result supports, which conditions it assumes, and one way to test a competing explanation.

Nutrition · 5.2

Reasoning

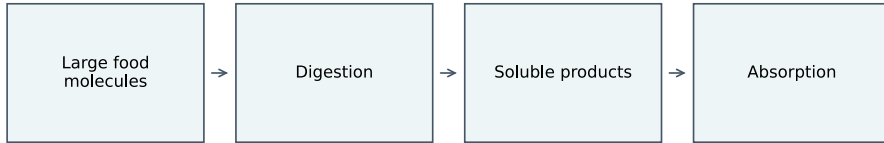
A correlation between diet and illness proves causation. This claim is false: Bile is not an enzyme. A positive food test identifies a component under the test conditions; it does not show that a food is healthy or unhealthy in every diet.

Nutrition · 5.3

Reasoning

Digestion, transport and health evidence: Absorption moves soluble products into blood or lymph. Thin exchange surfaces and a large surface area shorten diffusion paths and increase transfer. Enzyme activity and transport are different processes.

Nutrition · diagram



- Original teaching diagram: Digestion , transport and health evidence
- Use the labels and the stated model together.

Nutrition · original transfer

Your turn

Fictional surveys record an outcome in $9/36$ and $12/60$ participants. Compare percentages. Give two reasons why this cannot establish that a food caused the outcome.

Nutrition · transfer reasoning

Method and interpretation

25% and 20%. Confounding and selection/reporting bias can explain differences; temporal ordering and comparable measurement also matter. This is evidence evaluation, not dietary advice.

Check yourself

- Explain water balance using the stated model.
- Explain sweat rate using the stated model.
- Change one value in the original transfer; explain which assumption still matters.