# Sports Nutrition

Sports Nutrition is a one-credit course taught in grades 9-12. This course is designed for students interested in health, fitness, and sports performance. This course examines the relationship between nutrition, physical performance, and overall wellness. Students will learn how to choose nutritious foods for healthy lifestyles and peak performance of athletes. Health and disease prevention through nutrition, physical activity, and wellness practices are essential components of the course. This course emphasizes the metabolic process and management of food choices for optimal health and physical performance. Students are challenged to develop personal fitness and nutrition plans.

Family, Career and Community Leaders of America (FCCLA), an integral part of the curriculum, provides opportunities to apply instructional competencies and workplace readiness skills, enhances leadership development skills, and provides opportunities for community service.

## Nutrition and Wellness Practices

Students will:

1. Determine factors that influence an athlete's health, fitness, and sport performance.
2. Examine the relationship between nutrition and physical performance.
3. Categorize physical activities according to desired performance results.

## Nutritional and Dietary Needs of Athletes

4. Assess the essentials of a healthy diet for an athlete.
5. Analyze the importance of macro- and micro nutrients in choosing nutritious foods for an athlete.
6. Evaluate food choices and their impact on sports performance and energy levels.
7. Analyze weight management strategies used to assist an athlete in being healthy.
8. Explain the importance of hydration and an athlete's performance.
9. Prepare healthy snacks, foods, and meals for a healthy athlete based on specific sports.
10. Demonstrate safety and sanitation procedures when receiving, storing, handling, preparing, and serving food.

## Impact of Health and Wellness on Fitness

11. Describe both the process of digestion and metabolism.
12. Define the term Body Mass Index (BMI).

13. Practice calculating BMI of a client.
14. Evaluate the BMI of a client.
15. Identify healthy and unhealthy zones of BMI.
16. Analyze the importance of caloric intake and maintaining a healthy BMI.
17. Determine strategies to prevent muscle wasting.
18. Analyze the impact of exercise related anemia on an athlete's fitness.

## Components of Fitness

19. Determine the components that impact fitness of an athlete such as cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.

## Physical Performance of Athletes

20. Evaluate the effect of ergogenic aids on an athlete's performance.
21. Explain the therapeutic benefits of nutrition and exercise to an athlete.
22. Evaluate the impact of lifestyle choices on physical performance of an athlete.
23. Analyze the dietary needs of athletes before, during, and after competition.
24. Develop a systematic approach for a year round sport specific exercise program for athletes in specific sports programs.

## Fitness and Wellness for All

25. Identify basic components of exercise.
26. Develop a lifelong fitness plan for individuals and athletes.
27. Determine how much physical activity is enough for both males and female.
28. Explain how to perform the fitnessgram.

## Personal Fitness Program Planning

29. Plan a fitness program to meet the client's goals.
30. Evaluate a clients' fitness program to determine if it is effective in meeting the client's goals.
31. Calculate body fat percentage using calipers to assess body fat percentage.

32. Counsel clients to determine strategies to assist them in sticking to their personal fitness program.

## Careers and Technology

33. Identify career opportunities, credentials, education and training requirements, and entrepreneurial endeavors related to sports nutrition and wellness.

34. Identify the types of equipment and technology used in the sports nutrition field.

35. Assess the impact of technology on sports nutrition and fitness.