

STATEWIDE COURSE SYLLABUS
Sports Nutrition 2

Instructor:

Teacher's Name:

Teacher Room Number:

Phone :

Fax:

Email:

Webpage:

Hours Available:

Career Cluster: Human Services

CIP Code: 190101

Course Number and Title: 5760 Sports Nutrition 2

Course Description: **Sports Nutrition 2** is an essential course in advancing the knowledge base of nutritional needs. 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. Sports Nutrition 1 is a prerequisite for Sports Nutrition 2. Integration of the Family and Consumer Sciences organization, Family, Career and Community Leaders of America (FCCLA), greatly enhances the curriculum.

Grade Level:

Carnegie Units: 1

(Regulation 43-232: High School Credit - A school may award one unit of credit for an academic standards-based course that requires a minimum of 120 hours of instruction.)

Required Prerequisite: Sports Nutrition 1

National Assessment:

STATEWIDE COURSE SYLLABUS
Sports Nutrition 2

South Carolina State Standards and Indicators

Unit 1: Topic: B. METABOLISM OF NUTRIENTS

Amount of Time:

State Standard:

B1. Describe the processes of digestion and metabolism.

Indicators:

1. Explain the Adenosine Triphosphate (ATP) conversion.
2. Apply knowledge of digestion and metabolism when making decisions related to food intake and physical fitness.
3. Explain factors that influence metabolic rate.
4. Explain the digestive process.
5. Summarize the main functions of each nutrient group.
6. Calculate personal BMI and BMR.
7. Identify factors that influence metabolic rates.

Unit 2: Topic: C. PHYSICAL PERFORMANCE OF INDIVIDUALS AND ATHLETES

Amount of Time:

State Standard:

C1. Research the effect of nutrients on physical performance.

Indicators:

1. Evaluate relationships among food choices, sports, and appropriate energy level to participate in various sports.
2. Analyze legislation and regulations related to nutrition, wellness, and physical activity.
3. Examine harmful effects of poor nutrition and excessive exercise (stress fractures, bone loss, osteoporosis, or amenorrhea).

Amount of Time:

State Standard:

STATEWIDE COURSE SYLLABUS
Sports Nutrition 2

C2. Evaluate ergogenic aids.

Indicators:

1. Evaluate products and information related to sports nutrition, food fads and fallacies, and overall health and wellness.
2. Assess the impact of the media on sports nutrition and wellness.
3. Compare the impact of nutrient supplements to athletic performance.

Amount of Time:

State Standard:

C3. Explain the therapeutic benefits of nutrition and exercise.

Indicators:

1. Implement individual physical fitness plan.
2. Explain how exercise can be used to treat health conditions.
3. Evaluate various types of exercise (weight-bearing, aerobic, cardiovascular, flexibility, low-intensity).
4. Describe how nutrition impacts wellness.

State Standard:

C4. Evaluate the impact of lifestyle choices on physical performance.

Indicators:

1. Explore lifestyle trends related to nutrition, exercise, stress management, tobacco, alcohol, and other drugs.
2. Evaluate short- and long-term effects of daily physical activity and healthy eating.
3. Analyze the impact of technology on lifestyle.

Unit 3: Topic: D. DIETARY PLANNING

Amount of Time:

State Standard:

D1. Analyze the effects of overall individual dietary choices.

Indicators:

STATEWIDE COURSE SYLLABUS

Sports Nutrition 2

1. Create a plan to meet individual nutrition and wellness needs throughout the lifespan.
2. Apply current USDA Dietary Guidelines to plan foods that meet nutritional needs.
3. Prepare healthy foods.
4. Discuss how nutritional wellness and physical activity promote healthy weight.

Amount of Time:

State Standard:

D2. Analyze dietary modifications for individuals with health challenges.

Indicators:

1. Explain reasons why dietary modifications are necessary.
2. Describe dietary modification needed for different life stages
3. Identify health challenges that require dietary modifications.
4. Analyze the relationship between dietary modifications and alternative medicine.

Unit 4:Topic: E1. CAREERS

Amount of Time:

State Standard:

E1. Analyze education and training requirements and opportunities for a variety of career paths related to sports nutrition and wellness.

Indicators:

1. Identify sports nutrition and related careers.
2. Demonstrate employability skills.
3. Develop a career portfolio.

Course Outline:

	Unit/Lesson	Textbook Chapter		Unit/Lesson	Textbook Chapter
Week 1			Week 10		
Week 2			Week 11		
Week 3			Week 12		
Week 4			Week 13		

STATEWIDE COURSE SYLLABUS
Sports Nutrition 2

Week 5			Week 14		
Week 6			Week 15		
Week 7			Week 16		
Week 8			Week 17		
Week 9			Week 18		

Academic Alignments:

Course content is aligned with the following academic subject areas:

English Language Arts	Health and Safety Education	Technology
Earth Science	Elementary Algebra	Physics
Economics	Geometry	Biology
Chemistry	Intermediate Algebra	Data Analysis
Physical Science	Precalculus	U. S. History

Textbook(s):

Evaluation and Grading:

1. Grading System:

2. Grading Scale:

A = 100 - 93
B = 92 - 85
C = 84 - 77
D = 76 - 70
F = 69 – below

Make-up Policy and Extra Help:

Supplies Needed:

Classroom Expectations:

STATEWIDE COURSE SYLLABUS
Sports Nutrition 2

Classroom Procedures:

Collaborative Partnerships:

Advisory Council: The advisory council meets two times per year, once during the fall semester and once during the spring semester. All parents are invited to join our advisory council. Please contact me if you are interested.

Business/Community Connections: Businesses and community representatives are invited to serve on our advisory council. We encourage our local businesses and community representatives to provide speakers, field trip opportunities, donations, and other resources to support students in the school to work transition.

Dual Credit/Articulation Opportunities (Transition Strategies for Middle School):

Service Learning Projects:

Extended Learning Opportunities:

STATEWIDE COURSE SYLLABUS

Sports Nutrition 2

21st Century Skills

http://www.p21.org/index.php?option=com_content&task=view&id=254&Itemid=120

The elements listed below are 21st Century Student Outcomes representing skills, knowledge and expertise students should master to succeed in work and life in the 21st century. These elements are incorporated throughout the course content.

Core Subjects and 21st Century Themes <ul style="list-style-type: none">• English, Reading or Language Arts• World Languages• Arts• Mathematics• Economics• Science• Geography• History• Government and Civics	Learning and Innovation Skills <ul style="list-style-type: none">• Creativity and Innovation Think Creatively Work Creatively with Others Implement Innovations• Critical Thinking and Problem Solving Reason Effectively Use Systems Thinking Make Judgments and Decisions Solve Problems• Communication and Collaboration Communicate Clearly Collaborate with Others
Information, Media and Technology Skills <ul style="list-style-type: none">• Information Literacy Access and Evaluate Information Use and Manage Information• Media Literacy Analyze Media Create Media Products• ICT Literacy Apply Technology Effectively	Life and Career Skills <ul style="list-style-type: none">• Flexibility and Adaptability Adapt to Change Be Flexible• Initiative and Self-Direction Manage Goals and Time Work Independently Be Self-directed Learners• Social and Cross-Cultural Skills Interact Effectively with Others Work Effectively in Diverse Teams• Productivity and Accountability Manage Projects Produce Results• Leadership and Responsibility Guide and Lead Others Be Responsible to Others

STATEWIDE COURSE SYLLABUS

Sports Nutrition 2

CHECKLIST

Please check each item you have read and understand:

Syllabus Categories	Parent	Student
Course Description		
Unit Topics/Course Standards/Indicators		
National Assessments		
Course Outline		
Academic Alignments		
Textbook		
Evaluation and Grading		
Make-up Policy and Extra Help		
Supplies Needed		
Classroom Expectations		
Classroom Procedures		
Student Organization		
Collaborative Partnerships		
Dual Credit and Articulation Opportunities		
Service Learning Projects		
Extended Learning Opportunities		
21 st Century Skills		

Please refer to contact information on the first page if you have any questions. Your signature below verifies that you have read, understand, and agree with the contents of this syllabus.

Student Signature: _____ Date: _____

Student Printed Name: _____

Parent Signature: _____ Date: _____

Parent Printed Name: _____