

**SPORTS NUTRITION 2**  
**ACADEMIC STANDARDS and CURRICULUM RESOURCE**  
**Course Code: 5760**

Have you had your power drink today? Do you know what is in it and how it affects your physical and mental performance? 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.

**Credit:** 1 Carnegie Unit (120 hours)

**Note:** This course must be offered as a one (1) unit course to count as a part of a completer program beginning 2009-2010 school year.

**Recommended grades:** 9-12

**Prerequisite:** Sports Nutrition 1

**National Certification:** Nutrition, Food, and Wellness  
<http://www.aafcs.org/CredentialingCenter/nutrition.asp>

**Textbook Information:** <http://www.mysctextbooks.com/>

**Employment Opportunities:**

**Secondary Education:** food laboratory aide, dietary aide, dietary clerk, food product tester, test kitchen food assembler, quality control technician

**Postsecondary Education:** food and drug inspector, food production chemist, food technician, nutritionist, dietitian, nutrition educator, food editor/author

**Postgraduate Education:** food scientist, test kitchen home economist, food technologist, registered dietitian, foods and nutrition education, director for food services

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**PROGRAM LEARNING OUTCOMES: WORKPLACE READINESS SKILLS**

**Personal Qualities and People Skills**

1. **Positive Work Ethic:** Comes to work every day on time, is willing to take direction, and is motivated to accomplish the task at hand
2. **Integrity:** Abides by workplace policies and laws and demonstrates honesty and reliability
3. **Teamwork:** Contributes to the success of the team, assists others, and requests help when needed
4. **Self-Representation:** Dresses appropriately and uses language and manners suitable for the workplace
5. **Diversity Awareness:** Works well with all customers and coworkers
6. **Conflict Resolution:** Negotiates diplomatic solutions to interpersonal and workplace issues
7. **Creativity And Resourcefulness:** Contributes new ideas and works with initiative

**Professional Knowledge and Skills**

8. **Speaking And Listening:** Follows directions and communicates effectively with customers and fellow employees
9. **Reading And Writing:** Reads and interprets workplace documents and writes clearly
10. **Critical Thinking And Problem Solving:** Analyzes and resolves problems that arise in completing assigned tasks
11. **Health And Safety:** Follows safety guidelines and manages personal health
12. **Organizations, Systems, and Climates:** Identifies "big picture" issues and his or her role in fulfilling the mission of the workplace
13. **Lifelong Learning:** Continually acquires new industry-related information and improves professional skills
14. **Job Acquisition And Advancement:** Prepares to apply for a job and to seek promotion
15. **Time, Task, And Resource Management:** Organizes and implements a productive plan of work
16. **Mathematics:** Uses mathematical reasoning to accomplish tasks
17. **Customer Service:** Identifies and addresses the needs of all customers, providing helpful, courteous, and knowledgeable service

**Technology Knowledge and Skills**

18. **Job-Specific Technologies:** Selects and safely uses technological resources to accomplish work responsibilities in a productive manner
19. **Information Technology:** Uses computers, file management techniques, and software/programs effectively
20. **Internet Use And Security:** Uses the Internet appropriately for work
21. **Telecommunications:** Selects and uses appropriate devices, services, and applications

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**A. ACADEMICS FOR ALIGNMENTS**

**B. NUTRITIONAL AND DIETARY NEEDS**

**B1. Describe therapeutic benefits of nutrition and exercise.**

1. Examine the benefits of individual physical fitness plan.
2. Explain ways exercise and nutrition can be used to treat health conditions.
3. Describe how nutrition impacts wellness.
4. Demonstrate healthy food preparation techniques.

**C. METABOLISM OF NUTRIENTS**

**C1. Describe the processes of digestion and metabolism.**

1. Summarize the main functions of each nutrient group.
2. Describe how nutrients work in the body.
3. Explain the digestive process.
4. Explain the Adenosine Triphosphate (ATP) conversion.

**D. PHYSICAL PERFORMANCE**

**D1. Analyze factors to maximize physical performance.**

1. Determine strategies to mentally prepare for maximum physical performance.
2. Evaluate preparation strategies for environmental issues relating to physical performance.
3. Evaluate social decisions and the impact on physical performance.
4. Analyze physiological factors for desired performance.

**E. TRENDS IN SPORTS NUTRITION**

**E1. Analyze various trends in sports nutrition.**

1. Analyze various trends in sports nutrition.
2. Examine trends in physical activities that affect performance results.

**F. CAREERS**

**F1. Demonstrate skills needed to explore, plan, and effectively manage careers.**

1. Research educational opportunities and qualifications needed for in sports nutrition related occupations.
2. Compare employment opportunities to determine positions that match career goals.
3. Evaluate job market opportunities locally, regionally, and nationally in sports nutrition.
4. Research skills needed to be successful in the workplace.