

SPORTS NUTRITION 1

STUDENT PROFILE

Course Code - 5759

Student's Name/Initials	Date	Teacher's Name/Initials	Date
<p>Complete the student profile by inserting the representative letter in the space provided and completing all other information requested.</p> <p>E – Exceeds Performance Requirements (80-100): Work that is above the criteria of the standard. M – Meets Performance Requirements (70-79): Work that meets the criteria of the standard. B – Below Performance Requirements (69 and below): Work that fails to meet the criteria of the standard.</p>			
B. INTRODUCTION TO SPORTS NUTRITION		E	M
B1. Summarize sports nutrition concepts.			
<ol style="list-style-type: none"> 1. Describe the concept of sports nutrition. 2. Identify common terms associated with sports nutrition. 3. Explain the benefits of sports nutrition. 4. Explain the importance of goal setting and decision making in sports nutrition. 5. Analyze governmental influences related to sports nutrition. 	Comments:		
C. NUTRITIONAL AND DIETARY NEEDS		E	M
C1. Analyze various nutritional and dietary needs that affect health, appearance, and peak performance.			
<ol style="list-style-type: none"> 1. Analyze basic key nutrients. 2. Analyze the nutritional values of foods. 3. Explain Dietary Reference Intakes (DRIs). 4. Evaluate the efficacy of food choices on sports performance and energy levels. 	Comments		
C. NUTRITIONAL AND DIETARY NEEDS		E	M
C2. Analyze preparation of healthy food.			
<ol style="list-style-type: none"> 1. Evaluate recipes to determine nutritional quality. 2. Evaluate conditions and practices that promote safety and sanitation. 3. Prepare healthy foods. 	Comments:		

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D. PHYSICAL PERFORMANCE		E	M	B
D1. Investigate various factors that affect physical performance.				
1. Identify psychological factors that affect physical performance. 2. Explain how environmental factors can affect physical performance. 3. Describe social factors that affect physical performance. 4. Describe physiological factors that affect performance.	Comments:			
E. TRENDS IN SPORTS NUTRITION		E	M	B
E1. Analyze various trends in sports nutrition.				
1. Analyze how technological advancements affect sports nutrition. 2. Assess the impact of the media on sports nutrition. 3. Identify ergogenic aids.	Comments			
F. CAREERS		E	M	B
F1. Analyze career opportunities in sports and nutrition.				
1. Identify careers in sports and nutrition. 2. Evaluate personal qualifications, interests, and values.	Comments:			