

**SPORTS NUTRITION 1**  
**ACADEMIC STANDARDS and CURRICULUM RESOURCE**  
**Course Code: 5759**

Sports Nutrition 1 is designed for all students. 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. Health and disease prevention through nutrition, physical activity, and wellness practices are essential components of the course. Sports Nutrition 1 is a prerequisite for Sports Nutrition 2. Integration of the Family and Consumer Sciences student 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:** None

**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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**STANDARDS REVISION COMMITTEE:**

**Secondary Teacher Representatives:**

Sophia Brown  
Family and Consumer Sciences  
C. E. Murray High School  
Greeleyville, SC  
[slbrown@wcsd.k12.sc.us](mailto:slbrown@wcsd.k12.sc.us)

Billie Chegin  
Family and Consumer Sciences  
Keenan High School  
Columbia, SC  
[Billie.southard@richlandone.org](mailto:Billie.southard@richlandone.org)

Melissa Dowdy  
Family and Consumer Sciences  
Lexington High School  
Lexington, SC  
[mdowdy@lexington1.net](mailto:mdowdy@lexington1.net)

Deborah Griffin  
Family and Consumer Sciences  
Lexington High School  
Lexington, SC  
[dgriffin@lexington1.net](mailto:dgriffin@lexington1.net)

Glendis Loftus  
CATE Early Childhood Education  
Goose Creek High School  
Goose Creek, SC  
[loftusg@bcsdschools.net](mailto:loftusg@bcsdschools.net)

Jennifer O'Connell  
Family and Consumer Sciences  
Lexington High School  
Lexington, SC  
[joconnell@lexington1.net](mailto:joconnell@lexington1.net)

Shyra Taylor  
Family and Consumer Sciences  
R. B. Stall High School  
North Charleston, SC  
[Shyra\\_taylor@charleton.k12.sc.us](mailto:Shyra_taylor@charleton.k12.sc.us)

**Postsecondary Representatives:**

LaToya Johnson MEd, Instructor  
Family and Consumer Sciences  
South Carolina State University  
Orangeburg, SC  
[Ljohn1@scsu.edu](mailto:Ljohn1@scsu.edu)

Anna Turner MS CFCS-HNFS, (Retired)  
Family and Consumer Sciences  
Bob Jones University  
Greenville, SC  
[Annasturner76@gmail.com](mailto:Annasturner76@gmail.com)

**South Carolina Department of Education Representatives**

Eleanor Glover, PhD, Education Associate  
Office of Career and Technology Ed.  
Columbia, SC  
[Eglover@ed.sc.gov](mailto:Eglover@ed.sc.gov)

Amy McCaskill, Education Associate  
Office of Career and Technology Ed.  
Columbia, SC  
[Amccaski@ed.sc.gov](mailto:Amccaski@ed.sc.gov)

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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. INTRODUCTION TO SPORTS NUTRITION**

**B1. Summarize sports nutrition concepts.**

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.

**C. NUTRITIONAL AND DIETARY NEEDS**

**C1. Analyze various nutritional and dietary needs that affect health, appearance, and peak performance.**

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.

**C2. Analyze preparation of healthy food.**

1. Evaluate recipes to determine nutritional quality.
2. Evaluate conditions and practices that promote safety and sanitation.
3. Prepare healthy foods.

**D. PHYSICAL PERFORMANCE**

**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.

**E. TRENDS IN SPORTS NUTRITION**

**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.

**F. CAREERS**

**F1. Analyze career opportunities in sports and nutrition.**

1. Identify careers in sports and nutrition.
2. Evaluate personal qualifications, interests, and values.