

SPORTS NUTRITION 2 STUDENT PROFILE

Course Code - 5760

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. NUTRITIONAL AND DIETARY NEEDS	E	M	B
B1. Analyze various nutritional and dietary needs that affect health, appearance, and peak performance.			
<ol style="list-style-type: none"> 1. Implement dietary modifications for individuals with nutritional challenges. 2. Compare nutritional and dietary needs before, during, and after performance. 3. Correlate nutrition with injury recovery. 4. Evaluate the short and long term effects of dietary selections on the body. 	<p>Comments:</p> 		
B. NUTRITIONAL AND DIETARY NEEDS	E	M	B
B2. Analyze the preparation of healthy foods.			
<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. 	<p>Comments:</p> 		
C. METABOLISM OF NUTRIENTS	E	M	B
C1. Describe the processes of digestion and metabolism.			
<ol style="list-style-type: none"> 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. 	<p>Comments:</p> 		

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D. PHYSICAL PERFORMANCE		E	M	B
D1. Analyze factors to maximize physical performance.				
<ol style="list-style-type: none"> 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. 	Comments: 			
E. TRENDS IN SPORTS NUTRITION		E	M	B
E1. Analyze various trends in sports nutrition.				
<ol style="list-style-type: none"> 1. Analyze various trends in sports nutrition. 2. Examine trends in physical activities that affect performance results. 	Comments: 			
F. CAREERS		E	M	B
F1. Compare sports nutrition related career options and preparation requirements.				
<ol style="list-style-type: none"> 1. Research educational opportunities in sports nutrition related occupations. 2. Research the qualifications for various employment opportunities. 3. Evaluate job market opportunities locally, regionally, and nationally in sports nutrition. 	Comments: 			