

Name
Student ID

Teacher

Date

Grade

Sports Nutrition 2 Student Profile

Complete the student profile by inserting the representative letter in the space provided and completing all other information requested.

E - Exceeds Performance Requirements: Work that is above the criteria of the standard.

M - Meets Performance Requirements: Work that meets the criteria of the standard.

B - Below Performance Requirements: Work that fails to meet the criteria of the standard.

B. METABOLISM OF NUTRIENTS

B1. Describe the processes of digestion and metabolism.

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. Summarize the main functions of each nutrient.
5. Identify factors that influence metabolic rates.

C. PHYSICAL PERFORMANCE OF INDIVIDUALS AND ATHLETES

C1. Research the effect of nutrients on physical performance.

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).

C2. Evaluate ergogenic aids.

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.

C3. Explain the therapeutic benefits of nutrition and exercise.

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, cardio-vascular, flexibility, low-intensity).

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| 4. Describe how nutrition impacts wellness. | | | | |
| C4. Evaluate the impact of lifestyle choices on physical performance. 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. | | | | |
| D. DIETARY PLANNING | | | | |
| D1. Analyze the effects of overall individual dietary choices. 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. | | | | |
| D2. Analyze dietary modifications for individuals with health challenges. 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. | | | | |
| F. CAREERS | | | | |
| F1. Analyze education and training requirements and opportunities for a variety of career paths related to sports nutrition and wellness. 1. Identify sports nutrition and related careers. 2. Demonstrate employability skills. 3. Develop a career portfolio. | | | | |

Number exceeded: _____ Percentage exceeded: _____

Number met: _____ Percentage met: _____

Number below: _____ Percentage below: _____

National Certification(s)/Date earned:

Comments: