

Name
Student ID

Teacher

Date

Grade

Sports Nutrition 1 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. NUTRITION AND WELLNESS PRACTICES

B1. Explain factors that influence individual and family wellness.

1. Describe factors that influence health and wellness.
2. Identify ideal weight range for various age groups
3. Describe the relationship between nutrition and health.
4. List factors that contribute to diseases.

B2. Categorize physical activities according to desired performance results.

1. Demonstrate physical activities to improve health and wellness.
2. Identify the physical benefits of aerobic activity.
3. Explain the role of the circulatory system in aerobic conditioning.
4. Identify the purpose of cardio-respiratory fitness equipment and accessories.

C. NUTRITIONAL NEEDS OF INDIVIDUALS AND FAMILIES

C1. Analyze basic key nutrients.

1. Distinguish between macro and micro nutrients.
2. Calculate personal/individual nutrient requirements.
3. Explain nutritional deficiencies and malnutrition.

C2. Analyze nutritional values of foods.

1. Calculate caloric values of basic nutrients (fats, proteins, and carbohydrates).
2. Explain Dietary Reference Intakes (DRI).
3. Outline effects of deficiencies and toxicity of nutrients.
4. Define nutrient density.
5. Compare food choices for nutritional value (baked potato versus french fries).

C3. Analyze food choices and their impact on sports performance and energy levels.

1. Correlate food choices to energy levels.
2. Match food intake to energy expenditure.
3. Analyze the effects of nutrients on health, appearance, and

Name
Student ID

Teacher

Date

Grade

Sports Nutrition 1 Student Profile

peak performance. 4. Evaluate recipes to determine nutritional quality. 5. Analyze the effects of psychological, cultural, and social influences on food choices and other nutrition practices. 6. Discuss risks of unhealthy lifestyle, dietary choices, and imbalanced nutritional intake.				
C4. Research weight management strategies. 1. Evaluate products and information related to sports nutrition, food fads and fallacies, and overall health and wellness. 2. Summarize problems with too much or too little body fat. 3. Discuss risks associated with weight control (use of drugs, tobacco, fasting, and eating disorders in maintaining weight). 4. Evaluate food intake relative to energy expenditure. 5. Calculate Body Mass Index (BMI). 6. Discuss relationships between maintaining healthy weight and being physically active, fitness, and health.				
D. NUTRITION AND DIETARY NEEDS OF ATHLETES				
D1. Apply current USDA Dietary Guidelines in planning meals and snacks. 1. Identify the recommended number of daily servings and portions for each nutrient. 2. Describe how to evaluate a food's nutrient density. 3. Collect and analyze data about personal eating habits. 4. Determine personal calorie and nutrition requirements. 5. Analyze recipes and daily food intake for nutrient content. 6. Plan nutritious meals and snacks based on data. 7. Analyze food labels for nutritional content to make healthy food choices.				
D2. Investigate dietary modification for athletes with special nutritional needs. 1. Research types of special nutritional needs. 2. Distinguish between types of vegetarian eating styles. 3. Describe warning signs of an eating disorder. 4. Identify which special diets are used for certain health problems. 5. Modify recipes to accommodate special dietary needs.				
D3. Prepare healthy foods. 1. Select healthy foods. 2. Compare caloric and nutrient composition of foods. 3. Research recipes for each nutrient group. 4. Prepare selected recipes that exemplify healthy nutrition. 5. Complete a dietary analysis of prepared recipes.				

Name
Student ID

Teacher

Date

Grade

Sports Nutrition 1 Student Profile

6. Give examples of how to modify recipes for better nutrition. 7. Explain differences between food preparation methods.				
E. FOOD SAFETY				
E1. Evaluate conditions and practices that promote safe food handling. 1. Demonstrate proper hand-washing technique. 2. Recognize conditions and practices that lead to food-borne illnesses. 3. Identify common food contaminants.				
E2. Demonstrate safety and sanitation procedures when receiving, storing, handling, preparing, and serving food. 1. Discuss the process of food safety from production to consumption. 2. Describe the impact of food borne illnesses on the health of individuals and families. 3. Demonstrate preventive measures when receiving, storing, handling, and preparing food to avoid food-borne illness. 4. Identify the dangers of improperly storing, handling, and preparing food.				
F. CAREERS				
F1. Identify opportunities for employment and entrepreneurial endeavors related to sports nutrition and wellness 1. List common job titles, responsibilities, and qualifications for people in the nutrition and fitness career areas. 2. Explore opportunities for entrepreneurs. 3. Describe steps to take during the teen years to help prepare for a career.				

Number exceeded: _____ Percentage exceeded: _____

Number met: _____ Percentage met: _____

Number below: _____ Percentage below: _____

National Certification(s)/Date earned:

Comments: