



SPORTS NUTRITION

Career Development Events Information

Sports Nutrition, an individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athlete in a specific sport. In advance, participants will prepare a sample nutrition and hydration plan based upon nutritional and energy needs of the student athlete. The participants must prepare a file folder, visuals, an oral presentation, and demonstrate a method to be used by the athlete to assist with nutrition management. **Levels 1, 2, 3**

Career Clusters



Ohio Education and Training Technical Content Standards

- 1.2 Leadership and Communications
- 1.4 Knowledge Management and Information Technology
- 2.3 Professionalism
- 4.2 Nutrition

Ohio Family and Consumer Sciences Technical Content Standards

- 1.1 Personal and Professional Skills
- 1.2 Career Explorations
- 1.3 Leadership and Communications
- 1.4 Resources Management and Information Technology
- 3.1 Nutritional Information
- 3.2 Weight Management
- 3.3 Food Selection
- 3.5 Food Preparation
- 5.1 Lifespan Wellness
- 5.2 Physical Activity
- 5.4 Mental Health

Ohio Hospitality and Tourism Technical Content Standards

- 1.2 Leadership and Communications
- 1.4 Knowledge Management and Information Technology
- 4.3 Ingredient Selection and Preparation
- 6.2 Nutritional Analysis
- 6.3 Research for Recipe Development

FCCLA National Programs



The top two may advance to Nationals.





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National Family and Consumer Sciences Standards Reasoning for Action Comprehensive Standards

- 4.0 Education and Early Childhood
- 8.0 Food Production and Services
- 9.0 Food Science, Dietetics and Nutrition
- 10.0 Hospitality, Tourism and Recreation
- 14.0 Nutrition and Wellness

The top two may advance to Nationals.

