

High School Syllabus

Department: Family Consumer Science

Course Title: Sports and Nutrition: Eating for a Healthy You

Course #: 80823W

Grade: 11, 12

DESCRIPTION OF COURSE: This course is designed for the student that is interested in athletics and keeping fit. This course will develop an understanding of the relationship between diet and performance. Areas of instruction include nutrition basics, food facts and fiction, healthy recipes and meal planning, eating for fitness, body composition and energy balance, leader nutrients and current food and fitness issues.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ELIGIBLE CONTENT
Nutrition and Wellness Practices	2 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Body Composition and Energy Balance	1 week	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Basics Building Blocks: Leader Nutrients	2 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Nutritional Ergogenics, Fast Food, Breakfast, Nutrition Labels	4 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Sports Nutrition:	6 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Eating for training	2 weeks`	11.3.12 A, C, D, E, F, G CC 9-10.5-6
Eating for competitions	2 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Eating for recovery	2 weeks	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Food Facts and Fiction with Fitness	2 weeks (ongoing)	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Analyzing food choice impact on performance and energy	Ongoing	11.3.12 A, C, D, E, F, G, CC 9-10.5-6
Food Preparation and Management	Ongoing	11.3.12 A, B, C, D, F
Nutritional Needs of Individuals	Ongoing	11.3.12 A, B, C, D, E, F

RESOURCES: [Guide to Good Food, The Goodheart-Willcox Co., Inc, 2004](#), [Myplate.gov](#), [Chalkup.co](#)

Rev.: 11/15