



Sports & Performance Nutrition

Unit Focus

Proper nutrition is key to optimizing your long-term health and athletic performance. This hands-on class will provide students with the skills and knowledge to prepare, cook, and eat well for life. Students will learn to make proper nutritional choices based on desired outcomes such as: nutrition for endurance and athletic performance, body composition, mental well-being, general health, and how food helps aid in recovery from training.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Connecticut Goals and Standards Family and Consumer Sciences (CTE) - Explain the impact of physical, psychological, cultural, spiritual, and social influences on food choices. (FCS.N.B.2) - Describe the effect of nutrients on health, appearance, and peak performance. (FCS.N.C.4) - Explain the relationship of nutrition and wellness to individual and family health throughout the life span addressing the diversity of people, culture, and religions. (FCS.N.C.5) - Evaluate sources of food and nutrition information, including food labels, related to health and wellness. (FCS.N.C.7) - Demonstrate the ability to select, store, prepare, and serve nutritious foods. (FCS.N.D.8) - Describe principles to maximize nutrient retention in prepared foods. (FCS.N.D.9) - Utilize USDA dietary guidelines to select foods that promote a healthy lifestyle. (FCS.N.D.10) - Determine conditions and practices that promote safe food handling, production, and consumption. (FCS.N.E.11) - Describe and demonstrate techniques for operating tools and equipment following safety procedures. (FCS.N.I.23) - Describe and demonstrate a variety of cooking methods such as roasting, baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, and convection. (FCS.N.K.28)	<i>Students will be able to independently use their learning to...</i> T1 Communicate effectively based on purpose, task, and audience using appropriate vocabulary. T2 Work together on a common goal to meet deadlines through addressing challenges and problems along the way both individually and collectively.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Nutrition is a critical factor in achieving long-term health, athletic performance, and recovery. U2 Macronutrients (proteins, carbohydrates, fats) and micronutrients (vitamins, minerals) have specific roles that support bodily functions and athletic goals. U3 Proper hydration and electrolyte balance are vital for both mental and physical performance. U4 Dietary choices can be tailored to meet specific goals such as endurance, muscle gain, recovery, and overall health. U5 Culinary skills are essential for preparing balanced, performance-oriented meals.	<i>Students will keep considering...</i> Q1 How do nutrition and hydration impact athletic performance and recovery? Q2 What roles do macronutrient and micronutrients play in achieving optimal health and performance? Q3 How can dietary plans be personalized to support individual athletic and health goals? Q4 What are the benefits and challenges of various dietary theories and specialized diets for athletes? Q5 How can culinary skills enhance the ability to make and sustain healthy eating habits?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 The structure, sources, functions, and daily requirement of macronutrients (proteins, carbohydrates, fats). K2 The structure, sources, functions, and daily requirement of micronutrients (vitamins, minerals).	<i>Students will be skilled at...</i> S1 Identifying and analyzing nutritional content of foods and their effects on the body. S2 Creating and executing meal plans tailored to specific athletic or health goals.

Stage 1: Desired Results - Key Understandings

- Operate and maintain tools and equipment following safety procedures and OSHA requirements. (FCS.C.C.8)

Madison Public Schools Profile of a Graduate

- Design: Engaging in a process to refine a product for an intended audience and purpose. (POG.2.2)
- Collective Intelligence: Working respectfully and responsibly with others, exchanging and evaluating ideas to achieve a common objective. (POG.3.1)
- Decision Making: Make responsible decisions, based on potential outcomes. (POG.4.2)

K3 Hydration is the process of maintaining adequate water levels in the body to support essential physiological functions and electrolytes are minerals such as sodium, potassium, calcium, and magnesium that are essential for maintaining fluid balance, nerve signaling, muscle contractions, and energy production.

K4 The principles of specialized diets and their application in athletic performance.

K5 Basic and culinary techniques including: knife skills, cooking methods, food safety and sanitation and ingredient preparation.

S3 Safely and effectively applying culinary techniques to prepare balanced meals.

S4 Evaluating the risks and benefits of sports supplements.

S5 Researching and presenting findings on nutrition and dietary practices.