



Sports Medicine

Flexible Instruction Day

Assignment #3

Learning Standard	Standard CC.3.5.11-12. B Determine the central ideas or conclusions of a text; etc.
Task # & Description	601-Explain daily nutritional requirements, caloric intake needs, and calculate BMR 602-Evaluate basic and sport nutrition needs, including hydration

CONTACT INFORMATION/ASSISTANCE

Instructor Name: J. Hindman

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I will be available by email and the Remind app from 7:40-12, and 12:30-3:10 to answer your questions. Please reach out if you are having difficulty completing your assignments.

If you are not receiving messages, go here to join ➡ <https://www.remind.com/join/bcavts-sm>

INSTRUCTIONS

✓ All work is due on the day we return to school. This is counted towards your attendance **and** as a classroom assignment.

✓ Please review the presentation provided and complete the attached activities.

Name: _____

Session: _____

_____/30 points

BMR Formula

(Harris-Benedict)



MEN

$$\begin{aligned} \text{BMR} = & 66.47 + \\ & (6.24 \times \text{weight in lbs}) \\ & + (12.7 \times \text{height in inches}) \\ & - (6.755 \times \text{age}) \end{aligned}$$



WOMEN

$$\begin{aligned} \text{BMR} = & 655.1 + \\ & (4.35 \times \text{weight in lbs}) \\ & + (4.7 \times \text{height in inches}) \\ & - (4.7 \times \text{age}) \end{aligned}$$

1. What does BMR stand for? (3 points)

- a. B= _____
- b. M= _____
- c. R= _____

2. Calculate your own BMR. Show your work for full credit. (3 points)

3. Why is knowing your BMR important or helpful? (4 points)

4. On the next page is a food and water tracker. Fill this in for 2 meals for today. (10 points)

5. You will then calculate your calories on the last page using the link below for help. (10 points)

WEBSITE: <https://www.webmd.com/diet/healthtool-food-calorie-counter>

Today's Date: _____

Breakfast

Lunch

Snacks

Dinner

Today's Workouts:

- | | |
|--------------------------------------|-----------------------------------|
| ☐ Flexibility | ☐ Cardio |
| ☐ Strength | ☐ Rest Day |

Hydrate Yourself!

Aim to drink around 6-8oz glasses of water a day



Notes



Food	Calories	Grams of Carbohydrates	Grams of Fat	Grams of Protein	Mg of Sodium	Grams of Sugar
TOTAL	Calories	Grams of carbs	Grams of Fat	Grams of Protein	Mg of Sodium	Grams of sugar
Ounces of water						