

### 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.

#### ELIGIBILITY & GENERAL INFORMATION

1. Review “Eligibility and General Rules for All Levels of Competition” on page 8 prior to event planning and preparation.
2. The nutritional plan and management tool do not have to be implemented by the student athlete. The selected student athlete must be someone other than the participant(s).
3. Participant(s) are encouraged to bring fully charged electronic devices such as laptops, tablets, etc., to use for audiovisual presentation at competitions.
4. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during a one-year span beginning July 1 and ending June 30 of the school year before the National Leadership Conference (NLC) and must be the work of the participant(s) only.
5. National Leadership Conference (NLC) participants are required to view the online orientation video and submit the STAR Events *Online Orientation Form* by the deadline. The video and form will be on the FCCLA Student Portal and can be found under Surveys Applications. Only one form per entry is required. **Contact your [State Adviser](#) for orientation procedures for competitions held prior to the National Leadership Conference (NLC).**
6. Participants who do not follow the event guidelines or the definition of the event, their project will not be considered for evaluation. However, the participant can still participate in the competition by giving an oral presentation and will only be evaluated based on that presentation.

CLICK HERE TO VIEW NATIONAL DEADLINES

#### CAREER PATHWAYS ALIGNMENT

Human Services	Hospitality & Tourism	Education & Training	Visual Arts & Design
■	■		

#### EVENT LEVELS

Level 1: Through Grade 8	Level 2: Grades 9–10	Level 3: Grades 11–12	Level 4: Postsecondary
■	■	■	■

\*See page 7 for more information on event levels.

#### GENERAL INFORMATION

Number of Participants per Entry	Prepare Ahead of Time	Equipment Provided for Competition	Competition Dress Code
1–3	<i>File Folder, Oral Presentation and Visuals</i>	Table–Yes Electrical Access–No Wall Space–No Supplies–No Wi-Fi – No	FCCLA Official Dress

#### PRESENTATION ELEMENTS ALLOWED

Audio	Easel(s)	File Folder	Flip Chart(s)	Portfolio	Props/ Pointers	Skits	Presentation Equipment	Visuals
■	■	■	■		■	■	■	■

## TOP 5 SKILLS STUDENTS REPORT LEARNING THROUGH PARTICIPATION

Leadership	Public Speaking
Responsibility and Time Management	Teamwork
Creativity	

## SPORTS NUTRITION BY THE NUMBERS: 2023 - 2024

Participants Nationwide	Type of Event	Nationwide Impact
508	Career Focused	66,028

82% of Sports Nutrition participants indicated this event is extremely or very useful to their future.  
32% of Sports Nutrition participants indicated they would pursue higher education related to the career chosen in their project.

## PARTICIPANT TESTIMONIALS

*"The goal is to create a nutrition plan for a tennis athlete. She would like to reach a goal weight while participating in tennis. She wants a plan that helps her with power, agility, and endurance." California FCCLA Member*

*"I created a sport nutrition plan for a male athlete who had a setup from an accident. Adaption to his nutrition and workout plan is key to becoming a wrestling champion and maintaining a high rank in a wrestling competition." Colorado FCCLA Member*

*"The purpose of my Sports Nutrition project is to create a nutrition and hydration plan for a long-distance runner. Specifically, it is geared towards long-distance track athletes. My chosen athlete is my twin sister, who will test out the plan when track season starts in March. I researched the nutrition requirements for macronutrients, micronutrients, and hydration in long-distance runners. From both my research and personal running experience, I created a 3-day nutrition and hydration schedule that is easy to follow along with an easy method of tracking and giving feedback." Nebraska FCCLA Member*

*We had our basketball player track food, activity, and hydration for six days. After researching proper diet and nutrition for a female athlete of this age, we learned that her intake was not enough with all of her activity for her age and height based on RDA's and DRI's from "The Right Trak." Our athlete would have lost weight if she kept eating and exercising in this manner for long periods of time. Therefore, we created meal plans and a hydration plan for her to maintain her weight, as she is happy with her present weight. We created meal plans for both competition and non-competition days, based on her schedule from am to pm. We considered her gender, age, current weight, height, sleep patterns, and academic and practice schedules when creating these plans." Tennessee FCCLA Member*

## SCHOLARSHIPS

Each year FCCLA's collegiate partners award over 13 million in scholarships to the Top 3 placing Level 3 teams/individuals annually at the National Leadership Conference. Scholarship details can be found on the FCCLA Website.

## SPORTS NUTRITION GUIDELINES AND RUBRICS

The STAR Events Guidelines and rubrics are updated annually, and they are an exclusive benefit for FCCLA members. Advisers and members can access and download the guidelines from the FCCLA Portal.

[ADVISER PORTAL](#)

[MEMBER PORTAL](#)