



# Sports Nutrition

## FCCLA STAR Events Information (Students Taking Action with Recognition)

**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.

### Project Connections

#### Top 5 Skills Students Report Learning Through Participation

- Leadership
- Teamwork
- Public Speaking
- Creativity
- Responsibility and Time Management

#### Career Clusters



#### National Family and Consumer Sciences Standards

- Reasoning for Action Comprehensive Standard
- 9.0 Food Science, Dietetics, and Nutrition
- 14.0 Nutrition and Wellness

#### Common Career Technical Core/Career Ready Practices

- 1.0 Act as a responsible and contributing citizen and employee.
- 2.0 Apply appropriate academic and technical skills.
- 3.0 Attend to personal health and financial well-being.
- 4.0 Communicate clearly, effectively, and with reason.
- 7.0 Employ valid and reliable research strategies.
- 8.0 Utilize critical thinking to make sense of problems and persevere in solving them.
- 12.0 Work productively in teams while using cultural/global competence.

#### FCCLA Programs



Projects may qualify to compete at the annual National Leadership Conference.

Turn this page over to see examples of projects from across the nation and participation data.

For information on state participation, contact your state adviser.



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### Examples of Sports Nutrition Projects:

*"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*

### Sports Nutrition by the Numbers: 2020-2021

**Participants Nationwide:** 195 teams, 353 participants  
**Levels:** 1 (through grade 8), 2 (grades 9-10), 3 (grades 11-12), 4 (Postsecondary)  
**Type of Event:** Career Focused  
**Nationwide Impact:** 3717 people

85% of Sports Nutrition participants indicated this event is extremely or very useful to their future.  
39% of Sports Nutrition participants indicated they would pursue higher education related to the career chosen in their project.

**This information sheet does NOT include the guidelines for competition. To prepare for competition, Affiliated FCCLA Chapters should download the most recent STAR Events Guidelines.**

**Adviser Login:** <https://affiliation.registeryourchapter.com/fccla#>

**Student Login:** <https://affiliation.registeryourchapter.com/fccla/members#>

To learn more about FCCLA STAR Events, visit the national FCCLA website, [www.fcclainc.org](http://www.fcclainc.org), or email [starevents@fcclainc.org](mailto:starevents@fcclainc.org).