

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 the **STAR Events Front Pages** for event requirements, policies, and event procedures before beginning the project.
2. Participants are encouraged to bring a fully charged device (laptop, tablet, etc.) for use during their presentation.
3. Chapters with multiple entries in this event must submit different projects for each entry. All projects must be developed and completed during the school year leading up to the National Leadership Conference (NLC), within the time frame July 1 through June 30, and must be the work of the participant(s) only.
4. **Online Orientation** - NLC participants are **encouraged** to view the STAR Events Online Orientation video to ensure they are fully prepared for the NLC. The video will be available in the FCCLA Student Portal under Resources. **Contact your [state adviser](#) for orientation procedures for competitions held prior to the NLC.**
5. **STAR Events Schedule Confirmation** – It is **strongly suggested** that chapter advisers confirm participants' STAR Events schedules in the FCCLA Adviser Portal. Advisers can review students' schedules in the FCCLA Adviser Portal by visiting the Meetings & Events tab, selecting the NLC tab, and choosing "Confirm STAR Competition." **Confirming schedules in advance helps ensure that participants are qualified, registered for the conference, and competing in the correct STAR Event. Schedule changes after the published deadline are subject to a \$25 change fee.** Please refer to the FCCLA Website (Competitive Events Dates & Deadlines).
6. Participants who do not follow the event guidelines, align with the event definition, or address the current event topic will not have their project evaluated. However, they may still participate in the competition by delivering an oral presentation and will be evaluated based on the presentation.

[CLICK HERE TO VIEW NATIONAL DEADLINES](#)

CAREER CLUSTERS ALIGNMENT

Arts & Design	Education & Training	Financial Services
Hospitality & Tourism	Human Services	Public Service
■	■	

EVENT LEVELS

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

Review the "Event Description and Levels" section of the policies in the front of the guidelines 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: 2025 - 2026

Participants Nationwide	Type of Event	Nationwide Impact
1273	Career Focused	165,163
83% 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.		

PARTICIPANT TESTIMONIALS

"It encourage students to practice positive self-talk so they can build self-confidence, improve their mental health, and face challenges with a stronger, healthier mindset." – South Dakota FCCLA Member

"It improved the well-being of my community, specifically a varsity athlete, by promoting him to consume a nutrition diet that aligns with both his schedule and his needs, enhancing his performance and preventing injury." – Illinois FCCLA Member

"This project positively impacted our community by encouraging nutritious diets, informing student-athletes like ourselves of the importance of nutrition, and strengthening mental wellness through healthier eating habits. By sharing our research through social media and surveys, we raised awareness for how intentional nutritious diets can improve body functions, energy, performance, and overall well-being. Our study and project has sparked meaningful discussions among community members about the role of nutrition when it comes to meeting the needs of student-athletes, overall fostering a more nutrition-conscious environment."
– Washington 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 can access and download the guidelines from the FCCLA Portal.

[ADVISER PORTAL](#)