Sports Nutrition

By: Mr. Carlson Room 50D

(SCHOOL RULES APPLY AT ALL TIMES.)

CLASS RULES:

1) Be on time. (responsible)
2) Leave all classroom equipment alone. (respectful)
3) Participate in lectures (accountable), and hand in all assignments ON TIME. (responsible)
4) RESPECT EVERYONE. (Keep all hands & opinions to yourself)
5) Please leave gum, candy, and drinks out of my classroom. (respectful)

**Cell Phone** = If I see it or hear it I will either tell you to handle it or I will take it!!!

**Passes** = If you need a pass to leave the room your cell phone stays with me and you will get it back when you return.

**Book:** Larson Duyff, R., Nutrition and Wellness, 2nd edition, 2004

Students are expected to keep a notebook and/or folder with pockets for daily work and handouts. These will be collected and graded periodically.

**Course Description:**

This course focuses on general nutrition, healthy lifestyles, diet choices and optimal athletic performance.

Students in this course will…

- Learn how to put basic nutrition principles into practice in their personal lives and recognize the importance of nutrition for a healthy lifestyle.
- Evaluate diet choices that promote health and the best athletic performance.
- Analyze how the body uses food for energy and how to manage weight in a healthy way.
- Examine the importance of physical activity for good health

**Topics covered in this course include the following:**

Important nutrients for athletes to achieve optimal performance on and off the field. Nutrients and their functions, recommendations for healthy eating, MyPlate, nutrient-rich foods, and nutritional supplements, diet trends, the importance of breakfast, understanding food labels, healthy eating “on-the-go,” personal diet analysis, what to eat before and after competition, energy and measurement, BMI (body mass index), BMR (basal metabolic rate), personal energy assessment, healthy weight management, and eating disorders.

**EVALUATION OF PUPIL PROGRESS**

All coursework and assessments are judged based on the level of student learning from “below basic” to “advanced.” This course will provide multiple opportunities to achieve at the “proficient” to “advanced” levels. Students are evaluated based on a proficiency scale or project rubric. Proficiency scales for this course are available upon request (teacher will identify location such as portal, teacher website, attached, etc.)
OPS Grading Scale
A = 3.26-4.00   B = 2.51-3.25   C = 1.76-2.50  D = 1.01-1.75 D   F = 0.00-1.00

35% Worksheets, small projects, vocab, etc.
65% Chapter Quizzes, Unit Tests, large projects

Participation, attendance, & behavior
It is very important for students to be on time for class and participate in class lectures. Lack of participation will result in the loss points for that week. The following scale will be used to determine participation.

Standards:
1. Evaluate diet choices which promote health and optimum performance.
   Concepts: Diet trends, importance of breakfast, reading food labels, eating healthy at restaurants, personal diet analysis, planning pre and post competition foods

2. Integrate general nutrition principles into personal diets and recognize their importance to a healthy lifestyle.
   Concepts: nutrients and their functions, dietary guidelines, MyPlate, nutrient density, nutritional supplements

3. Analyze the relationship between energy metabolism, body composition and energy balance.
   Concepts: energy and measurement, body mass index (BMI), basal metabolic rate (BMR), personal energy assessment, weight management, and eating disorders

4. Examine the importance of physical activity in maintaining a healthy lifestyle.
   Concepts: components of fitness, principles of conditioning, fitness plans

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Any student behavior in the classroom that does not comply with the above rules and interferes or disrupts the learning of others is unacceptable and will result in the following consequences:
Warning from the teacher
A parent/guardian contact
Detention or supervised school service
Referral to administrator

If you have any questions about the course or expectations, please communicate with me! If you do not understand, if we move too quickly or slowly, if there are outside issues impacting your education, let me know. As your teacher, I want to hear from you about any concerns, suggestions, or questions you have in order to help you be successful in this course.

PRINT STUDENT NAME: ____________________________________________________________

STUDENT SIGNATURE: ____________________________________________________________

PARENT/GUARDIAN SIGNATURE: ________________________________