



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. *Event is offered to members in the following categories: Junior (through grade 9), Senior (grades 10-12), Occupational (grades 10-12)*

Project Connections

Top 5 Skills Students Report Learning Through Participation

Leadership	Creativity
Teamwork	Responsibility and Time Management
Public Speaking	

Career Clusters



National Family and Consumer Sciences Standards

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

Common Career Technical Core/Career Ready Practices

1.0 Act as a responsible and contributing citizen and employee.	8.0 Utilize critical thinking to make sense of problems and persevere in solving them.
2.0 Apply appropriate academic and technical skills.	12.0 Work productively in teams while using cultural/global competence.
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.	

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:

“We created a sports nutrition plan for a high school male athlete. While he participates in spring league baseball, he will follow our three day nutrition plan and workout routine that is based off of his specific needs to maintain his weight in a healthy manner. From the beginning of his league, he will use and follow our routines and document his weight on the app Weight Recorder® until the end of his season. After baseball season is over, we will obtain the information from his phone’s app and calculate if our method and routines were successful.” Ohio FCCLA Member

“We chose Jordan, a student athlete that plays soccer. We evaluated a weekly schedule of her life so that we could fit her dietary needs to optimize her performance on the field. Our visual representation shows three specific days, what she would eat, and how much she would drink during that day. It also includes the management tool she now uses to keep up with what she eats and further help her eat and play right and healthy.” North Carolina FCCLA Member

“Our athlete is a 15-year-old dancer who competes in lyrical, break dance, hip-hop, and jazz. She currently weighs 95 pounds and wants to gain ten more. Our goal is to keep her eating healthy while gaining weight. She should also drink more water, and eat more dark, leafy greens. We have created a three-day meal plan, one of those days is a competition day, so that she knows the types of foods she should be eating. It includes breakfast, lunch, dinner, and two snacks each day.” Colorado FCCLA Member

“My project displays the nutrition and hydration needs of a high school athlete competing in the high-energy sport of Wrestling. My 3-day meal plan balances idealism with realism when dealing with all-home cooked meals. I also show ways that the wrestler can track their nutrition and hydration conveniently, in order to achieve their goals. The project is specific to the wrestler’s daily schedule, and demographic, and makes balanced nutrition less of a chore, and more of a routine.” Arizona FCCLA Member

Sports Nutrition by the Numbers: 2017-2018

Participants Nationwide: 439 teams, 810 participants

Categories: Junior, Senior, Occupational

Type of Event: Career Focused

Nationwide Impact: 21,229 people

86% of Sports Nutrition participants indicated this event is extremely or very useful to their future.
41% of Sports Nutrition participants indicated they would pursue higher education related to the career chosen in their project.

To learn more about FCCLA STAR Events, visit the national FCCLA website, www.fcclainc.org, or email starevents@fcclainc.org.