

## Unit 2 Assignment

---

### Unit outcomes addressed in this Assignment:

- Explain the basic structure and metabolism of Carbohydrates, Fats, and Proteins.
- Explain the process of energy production following ingestion of the above nutrients, as well as its application to performance.

### Course outcomes addressed in this Assignment:

**NS425-1:** Explain various factors to consider when developing an individualized sports nutrition plan for athletes.

### Instructions:

Please describe your athlete: Include age, weight, height, ethnicity, sport, training schedule, and typical diet (see outline format below). Use an online nutrient analysis program to calculate and analyze the athlete's current dietary intake. Include the total estimated intake for calories, fat, saturated fat, carbohydrates, protein, and at least 2 vitamins and 2 minerals. Identify if the athlete is meeting the recommended intake for the vitamins and minerals. (Format dietary analysis information into a chart or table)

Then, explain why this information is important to know when developing an individualized sports nutrition plan for this athlete.

Length requirements: 3 pages (not including title or references). Include at least one reference in APA style.

**Athlete:** (give your athlete a name)

**Age:**

**Current Weight:**

**Height:**

**Ethnicity:**

**Sport:**

**Training Schedule:**

**Typical Diet:**

**Dietary Analysis:** Total Calories, fat grams, saturated fat, carbohydrate grams, protein grams, at least 2 vitamins and 2 minerals intake totals. How does the athlete's intake level of these micronutrients (vitamins and minerals) compare to the recommended intake levels (RDA, AI, or EAR)?

**Example:****Athlete:** Jane Doe**Age:** 35**Current Weight:** 120**Height:** 5'5" **Ethnicity:**Caucasian **Sport:**

Marathon running

**Training Schedule:** Jane Doe runs 5K every morning and 20 miles every Saturday, rests on Sundays. Jane's weekday running is quite fast and the Saturday run of 20 miles is a controlled speed, but she strives to maintain a consistent mile pace. She does stretching and cool down exercises after each run.

**Typical diet:**

6AM 1 egg white omelet with non-stick spray, ½ cup organic orange juice

7:30AM (post run) 20oz Gatorade and a fresh fruit

11AM (lunch) 3oz grilled chicken breast, fresh organic green salad, 1 tablespoon lite balsamic vinegar dressing, water

3PM (snack) 1 pack peanut butter crackers

6PM (dinner) 3oz tuna steak, grilled asparagus with canola spread and 1 cup quinoa. 1 5-oz glass red wine.

9PM (bedtime snack) 1 cup of premium ice cream

**Dietary Analysis:**

Include a chart or table that summarizes the total intake for calories, fat grams, saturated fat, carbohydrates, protein, 2 vitamins and 2 minerals. Identify if the vitamin and mineral intakes meet recommended intake levels.

**Submitting your work:**

Submit your Assignment to the appropriate Dropbox. For instructions on submitting your work, view the Dropbox Guide located under Academic Tools at the top of your unit page.

Please be sure to download the file "Writing Resources" from Course Documents to assist you with meeting APA expectations for written Assignments.

To view your graded work, come back to the Dropbox or go to the Gradebook after your instructor has evaluated it. Make sure that you save a copy of your submitted work.

**Unit 2 Assignment Grading Rubric = 80 points**

<b>Assignment Requirements</b>	<b>Points possible</b>	<b>Points earned by student</b>
The athlete's demographic information is included in a well-organized format: age, weight, height, and ethnicity.	<b>0-10</b>	
The sport and training schedule are adequately explained.	<b>0-10</b>	
The athlete's dietary intake is recorded in an organized and detailed manner.	<b>0-10</b>	
Use an online nutrient analysis program to calculate and analyze the athlete's current dietary intake. Include the total estimated intake for calories, fat, saturated fat, carbohydrates, protein, and at least 2 vitamins and 2 minerals. Identify if the athlete is meeting the recommended intake for the vitamins and minerals. (Format dietary analysis information into a chart or table)	<b>0-25</b>	
The relevance and importance of this information is well explained in relation to planning individualized and sport specific nutrition plans.	<b>0-25</b>	
<b>Total (Sum of points earned)</b>	<b>0-80</b>	
The Proposal is written in the most current version of APA format with no grammatical, spelling, copyright, plagiarism or proof reading errors. <b>Points deducted for spelling, grammar, and/or APA errors.</b>		
<b>Adjusted total points earned</b>		
<b>Instructor Feedback*:</b>		

\*Instructor may also leave feedback comments within Assignment submission.