



Illinois 4-H | Spark Ideas. Ignite Possibilities.

Eating well and exercising daily are two keys to a healthy life. The Sports Nutrition project is all about why these habits are worth forming. You will learn about a complete physical fitness formula, how to balance the calories you eat with the calories you burn, why to hydrate, and surprising ways to get your fluids.



Exploring 4-H Sports Nutrition

Spark Activity: Heart Races



Have you ever taken your own heart rate? If not, now is the time! The beating of your heart is your pulse. You can feel your pulse on several places on your body, which are called pulse points. Two pulse points with easy accessibility are the insides of your wrist and the front of your neck on your carotid artery. Use one of these points to count the number of beats in 15 seconds. Multiply this number by four to calculate your heart's beats per minute.

Jog in place for 60 seconds and take your heart rate again. How did it change? Is your pulse in a healthy range for someone your age?

4-H Project Levels and Goals

Beginner

- Learn the importance of eating well and exercising daily
- Explore various sports and the equipment needed for each sport
- Learn basic motor skills needed for different physical activities

Intermediate

- Practice different ways of staying physically active - including a variety of sports
- Learn about physical activity and nutrition and how it affects our body
- Learn the importance of hydration and ways to keep your body hydrated

Advanced

- Learn advanced information about how nutrition and physical activity affect the human body
- Explain how nutrients help performance
- Learn to balance the calories you eat with the calories you burn

Put Your Project Into Action

Show Your Skills

- Create a poster showing the steps to start a new fitness club
- Make a video on how to check your heart rate
- Make a video about recommended water intake
- Make a video or poster showing why physical activity is important daily for your body
- Make a visual about how we consume calories, and why it is important to burn them

Service and Leadership

- Start a new sports team in your community
- Organize a fitness-based event to raise funds to benefit your community
- Start a neighborhood block sports club
- Give a sports nutrition presentation to your 4-H club or at school
- Consider joining a new type of sports team
- Coach younger youth in a sport you enjoy
- Join the University of Illinois Extension 4-H Food Advocacy Team

Entrepreneurship

- Grow and sell produce at local farmers markets
- Recruit members for a team or fitness club

Technology Connection

- Use a drone to record you playing a sport and demonstrating different skills/moves from all angles
- Health and fitness related apps

Connecting with a Mentor

- Teacher
- Doctor or nurse
- University of Illinois Extension staff
- Dietitian
- Health educator
- Athletes or coaches

Events

- Illini Summer Academies
- Local health fairs or wellness expos
- Sports camps
- CPR / First Aid classes



Careers for People Interested in Sports Nutrition

Exercise Scientist	Dietitian
PE / Fitness Teacher	Athlete or Coach
Physical Therapist	Community Health
Biomedical Scientist	Educator

Start a Conversation

Is a sports drink better for you than orange juice?
Does sleep impact athletic performance?
Do athletes need to eat different kinds of food to maintain high performance and does that differ by sport?

Want to learn more?

go.illinois.edu/4Hsportsnutrition

Explore more at Illinois 4-H!

4-H.extension.illinois.edu



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College of Agricultural, Consumer and Environmental Sciences

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University of Illinois Extension provides equal opportunities in programs and employment.

Credits: Sports Nutrition: Ready, Set, Go (The Ohio State University Extension) <https://extensionpubs.osu.edu/sports-nutrition-ready-set-go/> |
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