

HEALTH



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

SPORTS NUTRITION: READY, SET, GO

Name _____

County _____ Club _____

JUDGES: Please identify a numerical score on a scale of 1-10 for each element on the sheet. **1= needs improvement, 10= exceeds criteria.** At the county level, an alternative scoring method can be used: Needs Improvement “-“, Meets Expectations “X”, and Exceeds Expectations “+”.

Judging Criteria

Project Knowledge	Score
General knowledge of project area (both physical fitness & nutrition)	
Knowledge shown about activity part of exhibit	
Knowledge shown about recipe/nutrition part of exhibit	
Exhibit appropriate for exhibitor & level	

Explanation of Project Exhibit	Score
Ability to explain goal of project exhibit	
Ability to explain decisions made or results shown	
Self-evaluation of project, including time spent on project area	
Skills learned and plans for continued study	

Exhibit Content	Score
Emphasizes sound nutrition & fitness information	
Accurate & adequate information provided on topic	

Exhibit Presentation	Scores
Neat appearance	
Follows exhibit requirements	
Presents information in interesting way	
Appropriate for the general public audience	

TOTAL SCORE (Points possible: 140): _____

AWARD RECEIVED (if applicable): _____

COMMENTS: