



STEM
sports[®]

science • technology
engineering • math • sports

BASKETBALL

Module 6.1

Calculating Calories

GRADES 3rd – 5th

What Do You Need?

Supplies Provided
[Worksheets](#) and
Basketballs

Materials Needed
Label of Multiple
Foods, Calculators
and Pencils



Test Your Knowledge

Have your students take this lesson's assessment prior to engaging by visiting: <https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.

Engage

Why do you get hungrier
faster after playing sports
for a long time?

Explore

Learn about the number of calories you burn during play and how to replenish them. Use the [worksheet](#).

Explain

Do you think your body constantly burns calories, even when sitting? Learn about how our body's constantly use energy, and how to calculate and sustain this energy. Use the [worksheet](#).

Elaborate

Play a game of basketball and use the [worksheet](#) to calculate the number of calories you burned.



Evaluate

Based on your game, make a prediction of calories burned if you were to play longer.
Use the [worksheet](#).



What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting:

<https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.





Extend

Challenge Yourself!

Work backwards with the math. How long would it take you to burn 450 calories?



What is your Dream Job?

STEM Jobs in Sports

- Team Doctor
- Nutritionist
- Athletic Trainer
- Dietitian
- Strength and Conditioning Coach

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