



STEM
sports[®]

science • technology
engineering • math • sports

BASKETBALL

Module 6.1

Calculating Calories

GRADES 6th – 8th

MODULE
6.1

GRADES
6-8

What Do You Need?

Supplies Provided
[Worksheets](#)

Materials Needed
Pencils, Poster Paper,
Markers, Projector and
Labels of Multiple Foods



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? Can you determine how much food you need after a certain exercise?

Explore

Learn how to calculate the number of calories you burn after playing a 30-minute game of basketball. 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 age, gender, weight, body fat, climate and altitude are important factors.

Elaborate

Create a poster that demonstrates how food turns to energy.

Evaluate

Present your posters to the class
or to a small group of peers.



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!

Create an input/output function table and graph of how many calories are burned based on weight.



What is your Dream Job?

STEM Jobs in Sports

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

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