



NASEF
NORTH AMERICA SCHOLASTIC
ESPORTS FEDERATION...
Game. Grow. Learn. Lead.™

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BEYOND THE GAME CHALLENGES #10 ACHIEVE PEAK PERFORMANCE: CREATE A HEALTHY GAMING PLAN

ESPORTS CAREER EXPLORATION: STRATEGISTS & ORGANIZERS

Professional and collegiate esports players' daily regimens vary from strategy and analysis discussions to practices, however it also includes a good fitness routine in order to maintain those demands. At UCI Esports, scholarship players follow a fitness program established by their exercise physiologist to help counter the strain on certain muscles caused during gaming. The fitness program includes aerobic fitness, strength and stretches plus nutrition. General managers and coaches encourage consistency in fitness and nutrition for their players to help their players maintain their performance levels.

Challenge

Submit a healthy gaming plan for your team and Club.

Award

Scholastic esports scholarship (\$500), (1) \$50 Amazon Gift Card, (1) 15-minute mentor session with an esports professional/collegiate athlete, and website/social media recognition. If submitting as a team, the Gift Card will be awarded to your Club.

Challenge Details

- **Research** about physiologists, doctors, and trainers careers in esports. Your research can include those careers in all sports (football, basketball, volleyball, etc.).
- **Review** blogs, articles and websites about the practicing and maintaining healthy practices for gaming and esports.
- **Create** a healthy gaming plan, which should include:
 - A short physical routine that all members of the Club can complete at the beginning of each Club meeting. Include photos or videos of your exercises.
 - A list of healthy gaming strategies for you to share with your Club. The healthy strategies can include fitness and nutrition.
 - Research fitness and nutrition and its impact on players performance.
- Upload your Beyond the Game Challenge idea to your Club's social media and make sure to use the hashtag **#esportsBTG**, so we will be able to locate it.
- This Challenge can only be submitted by an individual student.



BEYOND THE GAME CHALLENGES #10 (CONTINUED)

ACHIEVE PEAK PERFORMANCE: CREATE A HEALTHY GAMING PLAN

ESPORTS CAREER EXPLORATION: STRATEGISTS & ORGANIZERS

Judging Criteria

A panel of NASEF team members, affiliates and partners will review submissions based on the following criteria:

- **Impact:** How engaging or interesting are your healthy gaming plan? Did you generate more interest in your esports Club or team?
- **Innovation:** How creative is your submission? Did you try new techniques or improve upon existing healthy gaming practices?
- **Technology:** What types of technology did you utilize? Did you try a new technology, program or platform?
- **Management:** How did you manage your project? What types of tools did you use?
- **Contribution:** How does your project contribute to your esports Club and/or broader community? How much did your project benefit your esports Club and broader community on campus?

Submission Requirements

- All entries must be submitted at [Beyond the Game Challenges](#) or within your [Club Portal](#) by Friday, May 29, 2020 by 5:00 pm PT|6:00 pm MT|7:00 pm CT|8:00 pm ET.
- Please complete the following components of this Beyond the Game Challenge in our submission portal:
 - **Research** about physiologists, doctors, and trainers careers in esports. Your research can include those careers in all sports (football, basketball, volleyball, etc.). Select one profession (videographers, streamers, graphic designers, etc.), and answer the following:
 - Which career did you select? How did you research the careers? Which websites did you use? What type of skills and education do you need for that career? (200-word limit)
 - **Review** blogs, articles and websites about the practicing and maintaining healthy practices for gaming and esports. Identify their strengths and weaknesses. Select your articles, conduct your review, and answer the following:
 - Which articles, blogs or websites did you review? Provide two examples with titles and links. Describe 2-3 new strategies, facts or practices you learned. (200-word limit)
 - **Create** a healthy gaming plan including the components below. Upload your plan as a file (Word, PDF, Excel Spreadsheet, or Screenshot image accepted) and describe your plan.
 - Research fitness and nutrition and its impact on players performance. (100-word minimum)
 - A short physical routine that all members of the Club can complete at the beginning of each Club meeting. Include photos of your exercises. (One-page minimum)
 - A list of healthy gaming strategies for you to share with your Club. The healthy strategies can include fitness and nutrition. Include photos of your exercises or nutrition practices (One-page minimum)
 - **Assess** your healthy gaming plan. Did you implement your plan or try out some of your healthy gaming strategies? How would you modify your plan moving forward? How does it contribute to your Club and/or campus? How have you or your esports Club utilized your healthy gaming plan? (200-word limit)
 - **Make** the career connection for yourself. How does your experience as a physiologist, doctor, and trainer contribute to your career aspirations? Has this experience changed your thinking about a career in the esports industry? (500-word limit)

Questions? For any questions, email us at info@esportsfed.org or via [NASEF Community Discord](#).

