

California University of Pennsylvania  
Guidelines for New Course Proposals  
University Course Syllabus  
Approved: 2/4/13

Department of Health Science

A. Protocol

Course Name: Sports Nutrition  
Course Number: ATE 340  
Credits: 3  
Prerequisites: None  
Maximum Class Size (face to face): 40  
Maximum Class Size (online): 10

B. Objectives of the Course:

- 1) identify and define the 6 basic nutrients.
- 2) perform a nutritional intake study.
- 3) assess the strengths and weaknesses of various fad diets.
- 4) apply concepts of nutrition to the needs of any athlete.
- 5) discuss the importance of nutrition in everyday health.
- 6) educate athletes about the importance of water in their diets.
- 7) describe the digestion and metabolism of nutrients.

C. Catalog Description:

This course entails the study of basic concepts of nutrition and the effects of sound nutritional practices on everyday life and sports. The course is designed to allow students to apply nutritional concepts, thus enhancing athletic performance.

D. Outline of the Course:

1. 1st 5 weeks - **Intro to Nutrition & the Nutrients**
  - a. Digestion & absorption in a nutshell
  - b. What to eat – establish your pyramid
  - c. Snacking, grazing and “breaking the fast”, ie., breakfast
  - d. Easy, quick nutritious meals...eat antioxidants & phytochemicals??
2. 2nd 5 weeks - **Ergogenics...enhancing your performance**
  - a. Proper nutrition...Carbs, Proteins & Fats
  - b. When to eat, eating for recovery & energy
  - c. Supplements
  - d. Hydration & heat illness
3. 3rd 5 weeks - **Training, obesity & weight management**
  - a. Exercise & weight management
  - b. Body weight & composition
  - c. Obesity & diabetes,
  - d. Weight loss & gain through proper nutrition

E. Teaching Methodology:

- 1) Face to face: NA
- 2) Online Methodology: On-line lecture format: narrated lectures, demonstrations, class projects and presentations, reports, and calculations will be used to assess the course

F. Text

Fink HH, Mikesky AE, Burgoon LA. (2011). Practical applications in Sports Nutrition. 5<sup>th</sup> Ed. Jones and Bartlett, Boston.

G. Assessment Activities:

- 1) Face to face: NA
- 2) Online Assessment: Exams, quizzes, skill demonstrations, homework, presentations, attendance, in class participation, group work, research papers, reports, and discussions

H. Accommodations for Students with Disabilities:

OSD

Revised December 2012

STUDENTS WITH DISABILITIES
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Students with disabilities:

- Reserve the right to decide when to self-identify and when to request accommodations.
- Will register with the Office for Students with Disabilities (OSD) each semester to receive accommodations.
- Might be required to communicate with faculty for accommodations, which specifically involve the faculty.
- Will present the OSD Accommodation Approval Notice to faculty when requesting accommodations that involve the faculty.

Office for Students with Disabilities

Requests for approval for reasonable accommodations should be directed to the Office for Students with Disabilities (OSD). Approved accommodations will be recorded on the OSD Accommodation Approval notice and provided to the student. Students are expected to adhere to OSD procedures for self-identifying, providing documentation and requesting accommodations in a timely manner.

Contact Information:

- Location: Azorsky Building – Room 105
- Phone: (724) 938-5781

- Fax: (724) 938-4599
- Email: [osdmail@calu.edu](mailto:osdmail@calu.edu)
- Web Site: [www.calu.edu](http://www.calu.edu) (search “disability”)

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Please Note:

This syllabus attachment is also available in electronic format:

Go to: Microsoft Outlook  
 Open: Public Folders  
 Open: All Folders  
 Highlight: Faculty/Staff Resources  
 Open: Announcement – Academic Syllabus Attachment

I. Supportive Instructional Materials, e.g. library materials, web sites, etc.

Additional Information for Course Proposals

J. Proposed Instructors: Athletic trainers in the Department of Health Science

K. Rationale for the Course:

L. Specialized Equipment or Supplies Needed:

M. Answer the following questions using complete sentences:

1. Does the course require additional human resources? (Please explain)
2. Does the course require additional physical resources? (Please explain)
3. Does the course change the requirements in any particular major?  
(Please explain)
4. Does the course replace an existing course in your program? (If so, list the course)
5. How often will the course be taught?
6. Does the course duplicate an existing course in another Department or College? (If the possibility exists, indicate course discipline, number, and name)

N. If the proposed course includes substantial material that is traditionally taught in another discipline, you must request a statement of support from the department chair that houses that discipline.

O. Please identify if you are proposing to have this course considered as a menu course for General Education. If yes, justify and demonstrate the reasons based on the categories for General Education. The General Education Committee must consider and approve the course proposal before consideration by the UCC.

P. Provide Approval Form (electronically).

Additional Guidelines

The following are additional guidelines that you must follow which will expedite your course proposal. Failure to follow these guidelines will result in the return of the proposal to the department.

1. Be sure that your proposal is in the correct format (Guidelines for New Course Proposals) and that all questions have been completely answered.
2. Be sure that you have completed and attached the Application to Establish a New Course form and/or the Advisement Sheet Revision form and that the **appropriate signatures** have been affixed. Please send through the process electronically (the preferred method) or by paper. No items will be placed on the agenda until the Chair of the UCC is in possession of these forms.
3. Be sure that you include an updated advisement sheet for any course that is being required by the department or is classified as a restricted elective. In addition, you must include an electronic copy (MS Word or PDF) of the current advisement sheet(s) with your proposal. Be certain that all advisement sheets affected by the proposed course change be included with your proposal.
4. When submitting materials for consideration by the Curriculum Committee, you must provide an electronic copy of each item to be reviewed to the Chairperson.
5. All completed items must be in the hands of the Chairperson of the Curriculum Committee a minimum of one week prior to the next regularly scheduled meeting.
6. Any department requesting a course name change, number change, prefix changes, credit changes, etc. must submit this request on the Application to Establish a New Course Form and submit electronically.
7. New advisement sheets, major proposals, minors, LOCs, Certificates, or changes to advisement sheets will become effective the fall semester following committee approval. **The advisement sheets must also include the committee approval date and the effective date on the advisement page.** Submit this request on the Advisement and /or Program Changes form.
8. New courses will become effective the semester following committee approval.
9. Any references listed must be in the appropriate bibliographic format for the discipline.
10. Online courses should follow the Quality Matters™ rubric and is posted on the UCC website. Be sure that you include the online teaching methodology statement (refer E.2 above) that refers to the Quality Matters™ rubric.
11. All course objectives must follow Bloom's Taxonomy learning domains located on the UCC website.