

California University of Pennsylvania  
University Course Syllabus  
Department of Health Sciences  
UCC Approval date: 10/16/2017

A. Protocol

Course Name: Advanced Nutrition for Sport & Exercise  
Course Number: ATE 740  
Credits: 2  
Prerequisites: Enrollment in the PMSAT Program  
Maximum Class Size (face-to-face): 30  
Maximum Class Size (online): 30

B. Objectives of the Course:

Upon completion of the course, students should be able to:

- 1) Understand and assess macronutrient intake and timing of these nutrients for performance needs
- 2) Understand the importance of micronutrients (vitamins and minerals) for athletes to support training needs
- 3) Conduct a nutritional intake study of an athlete or physically active individual, and make changes to improve their intake based on the literature.
- 4) Analyze the strengths and weaknesses of various fad diets, including the 40/30/30 diet, the Paleo diet for the strength and endurance athlete.
- 5) Apply concepts of nutrition to meet the needs of any athlete.
- 6) Discuss the importance of nutrition in everyday health.
- 7) Educate patients about the importance of proper hydration.
- 8) Describe the digestion and metabolism of nutrients.
- 9) Understand how nutrition can impact a patient's health and wellness.
- 10) Develop a nutritional plan to support various types of athletes (strength vs. endurance)

C. Catalog Description:

This course entails the study of concepts of nutrition and the effects of nutritional practices on everyday life and activity/sports. The course is designed to allow students to apply nutritional concepts to various types of athletes to support health and enhance performance.

D. Outline of the Course:

Intro to Nutrition & the Nutrients

Carbohydrates, Protein, Fat

Micronutrients to support overall health

Digestion & absorption in a nutshell

What to eat – establish your pyramid

Ergogenics: Enhancing your performance

Nutrient timing (Carbs, Proteins & Fats) to support the athletes' needs

Supplementation

Hydration & heat illness

Training, obesity & weight management

Exercise & weight management

Body weight & composition

Nutrition for special populations: people living with obesity, diabetes

Weight loss & gain through proper nutrition

E. Teaching Methodology:

- 1) Traditional Classroom Methodology  
Lecture, guest speakers, class discussion, demonstrations, readings.
- 2) Online Methodology  
Presentations, readings, discussion boards

F. Text

Sports and Exercise Nutrition. McArdle, W. & Katch, F. Lippincott Williams & Wilkins.

G. Assessment Activities:

- 1) Traditional Classroom Assessment  
Exams, quizzes, homework assignments, online discussion posts, practical exams, papers, literature review
- 2) Online Assessment  
Presentations, readings, discussion boards

H. Accommodations for Students with Disabilities:

OSD

Revised June 2015

<b>STUDENTS WITH DISABILITIES</b>
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Students reserve the right to decide when to self-identify and when to request accommodations. Students requesting approval for reasonable accommodations should contact the Office for Students with Disabilities (OSD). Students are expected to adhere to OSD procedures for self-identifying, providing documentation and requesting accommodations in a timely manner.

Students will present the OSD Accommodation Approval Notice to faculty when requesting accommodations that involve the faculty.

Contact Information:

- Location: Carter Hall - G-35
- Phone: (724) 938-5781
- Fax: (724) 938-4599
- Email: [osdmail@calu.edu](mailto:osdmail@calu.edu)
- Web Site: <http://www.calu.edu/osd>

I. Title IX Syllabus Addendum

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**California University of Pennsylvania  
Reporting Obligations of Faculty Members under Title IX  
of the Education Amendments of 1972, 20 U.S.C. §1681, *et seq.***

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California University of Pennsylvania and its faculty are committed to assuring a safe and productive educational environment for all students. In order to meet this commitment and to comply with the Title IX of the Education Amendments of 1972 and guidance from the Office of Civil Rights, the University requires faculty members to report incidents of sexual violence shared by students to the University's Title IX Coordinator, Dr. John A.

Burnett, Special Assistant to the President for EEEEO, Office of Social Equity, South Hall 112, [Burnett@calu.edu](mailto:Burnett@calu.edu), 724-938-4014. The only exceptions to the faculty member's reporting obligation are when incidents of sexual violence are communicated by a student during a classroom discussion, in a writing assignment for a class, or as part of a University-approved research project. Faculty members are obligated to report sexual violence or any other abuse of a student who was, or is, a child (person under 18 years of age) when the abuse allegedly occurred to the person designated in the University protection of minors policy.

The University's information regarding the reporting of sexual violence and the resources that are available to victims of sexual violence is set forth at:

- **Office of Social Equity**, South Hall 112, 724-938-4014
  - Social Equity Home Page [www.calu.edu/SocialEquity](http://www.calu.edu/SocialEquity)
  - Social Equity Policies [www.calu.edu/SEpolicies](http://www.calu.edu/SEpolicies)
  - Social Equity Complaint Form [www.calu.edu/SEcomplaint](http://www.calu.edu/SEcomplaint)
- **Counseling Center**, Carter Hall G53, 724-938-4056
- **End Violence Center**, Carter Hall G94, 724-938-5707
- **Student Affairs**, Natali Student Center 311, 724-938-4439
- **Wellness Center**, Carter Hall G53, 724-938-4232
- **Women's Center**, Natali Student Center 117, 724-938-5857
- **Threat Response Assessment and Intervention Team (T.R.A.I.T.) & Dept. of Public Safety & University Police**, Pollock Maintenance Building, 724-938-4299
  - **EMERGENCY:** From any on-campus phone & Dial **H-E-L-P** or go to any public pay phone & **Dial \*1**. (\*Identify the situation as an emergency and an officer will be dispatched immediately.)

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

NATA Position/Consensus Statements: <http://www.nata.org/news-publications/pressroom/statements>

Professional journal articles: International Journal of Sport Nutrition and Exercise Metabolism, Journal of the International Society of Sports Nutrition, Journal of Athletic Training, Athletic Therapy Today, American Family Physician, Journal of Bone & Joint Surgery, International Journal of Emergency Medicine, Cochrane Database Systematic Reviews, etc.

#### Additional Information for Course Proposals

K. Proposed Instructors:

Any qualified Health Science faculty.

L. Rationale for the Course:

The course will contain educational competencies (per accreditation standards) and critical knowledge and skill required of athletic trainers.

M. Specialized Equipment or Supplies Needed:

none

N. Answer the following questions using complete sentences:

1) Does the course require additional human resources? (Please explain)

No

If Yes, click here to answer Question N1, above.

2) Does the course require additional physical resources? (Please explain)

No

If Yes, click here to answer Question N2, above.

- 3) Does the course change the requirements in any particular major? (Please explain)

Yes

This course is a new course and is a part of the new/revised major, the professional master of science in athletic training.

- 4) Does the course replace an existing course in your program? (If so, list the course)

No

If Yes, click here to answer Question N4, above.

- 5) How often will the course be taught?

Each Fall

Click here to add text to qualify your selection for course timing, if necessary.

- 6) Does the course duplicate an existing course in another Department or College? (If the possibility exists, indicate course discipline, number, and name)

No

Click here if the answer to Question N6, above is YES. Indicate the other discipline/department and the other course number and name.

- O. 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.

NA

- P. Please identify if you are proposing to have this course considered as a menu course for General Education. The General Education Committee must consider and approve the course proposal before consideration by the UCC.

No

## **Q. Approval Form**

**Provide the Approval Form (Signature Page) with the signatures of your department Chair AND college Dean (electronically).**