

NUFD 120: PRACTICAL APPLICATION IN SPORTS NUTRITION

In Workflow

1. FACS Committee Chair (shiltsm@csus.edu)
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3. SSIS College Committee Chair (wickelgr@csus.edu)
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10. Registrar's Office (w lindsey@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Mon, 19 Sep 2022 23:05:55 GMT
Mical Shilts (shiltsm): Approved for FACS Committee Chair
2. Tue, 20 Sep 2022 15:25:34 GMT
Lynn Hanna (lhanna): Approved for FACS Chair
3. Fri, 14 Oct 2022 19:53:17 GMT
Emily Wickelgren (wickelgr): Rollback to Initiator
4. Fri, 14 Oct 2022 20:53:24 GMT
Mical Shilts (shiltsm): Approved for FACS Committee Chair
5. Fri, 14 Oct 2022 20:55:44 GMT
Lynn Hanna (lhanna): Approved for FACS Chair
6. Tue, 18 Oct 2022 20:21:25 GMT
Emily Wickelgren (wickelgr): Approved for SSIS College Committee Chair
7. Thu, 20 Oct 2022 04:18:44 GMT
Marya Endriga (mendriga): Approved for SSIS Dean

Date Submitted: Fri, 14 Oct 2022 20:10:04 GMT

Viewing: NUFD 120 : Practical Application in Sports Nutrition

Last edit: Fri, 14 Oct 2022 20:53:19 GMT

Changes proposed by: Lynn Hanna (211893605)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Lynn Hanna	lhanna@csus.edu	916-278-6393

Catalog Title:

Practical Application in Sports Nutrition

Class Schedule Title:

Practical App in Sports Nutri

Academic Group: (College)

SSIS - Social Sciences & Interdisciplinary Studies

Academic Organization: (Department)

Family and Consumer Sciences

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Spring 2023 (2022/2023 Catalog)

Subject Area: (prefix)

NUFD - Nutrition and Food

Catalog Number: (course number)

120

Course ID: (For administrative use only.)

202464

Units:

3

Is the only purpose of this change to update the term typically offered or the enforcement of existing prerequisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

This course complies with the credit hour policy:

Yes

Justification for course proposal:

This form A is submitted for the purpose of updating the description of the prerequisite. When the Nutrition and Food program was elevated to a stand alone degree, the course subject codes were changed from FACS to NUFD. This change was conducted by the Registrar's office in CMS, however, this change is not global to all fields of text in the University Catalog.

The prerequisite for NUFD 120 is NUFD 113 and you will see that the textbox for the prerequisite has been updated to reflect the fact that FACS 113 is no longer part of the University Catalog.

For similar reasons, we are also proposing to delete any reference to FACS majors in the course description. The wording about the type of course and the number of units is not necessary in the description because those details will already appear in the catalog.

We are also proposing three updates to the action terms in the learning objectives. An attachment has been provided to differentiate the previous LOs from the proposed updates. In summary we propose the three following changes to individual words

Understand changed to Describe

Understand changed to Explain

Determine changed to Evaluate

No other changes are being proposed

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

A survey course in nutrition with an emphasis on the relationship among diet, physical activity, and health; exploration of the changes in the metabolism of carbohydrates, lipids, protein and water; discussion of the function of vitamins and minerals; practical application of evidence-based dietary recommendations for common sports and varying physical intensity.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Is this course designated as Curricular Community Engaged Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

Yes

Prerequisite:

NUFD 113

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre- and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Describe nutrient function in energy production and physical activity	Exams, supplement project, activities/homework
2	Explain anthropometry and demonstrate appropriate interpretation of results and impact on performance	Exams, activities/homework
3	Explain the role of fluid during physical activity and its impact on performance and health	Exams, activities/homework
4	Critically evaluate dietary programs and products for weight control and effect on physical performance	Exams, activities/homework
5	Evaluate scientific validity of nutritional supplement claims marketed to enhance physical performance among diverse populations	Dietary supplement project
6	Describe the prevalence, consequences, and treatment strategies of disordered eating in athletes	Exams, activities/homework

Attach a list of the required/recommended course readings and activities:

NUFD 120 master syllabus.docx

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

No

Identify the program(s) in which this course is required:

Programs:

BS in Nutrition and Food

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Intellectual and practical skills

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Reviewer Comments:

Emily Wickelgren (wickelgr) (Fri, 14 Oct 2022 19:53:17 GMT): Rollback: Please see email on 10/14 for revisions.

Key: 13998