Course Inventory Change Request

New Course Proposal

Date Submitted: 09/11/15 2:39 pm

Viewing: PEHR 2200: Nutrition for Sport and Exercise

Last edit: 09/11/15 2:39 pm

Changes proposed by: D00189692

<table>
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<th>PEHR</th>
<th>Course Number:</th>
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<tbody>
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<td>Effective Semester:</td>
<td>Spring 2016</td>
<td>Department:</td>
<td>Health &amp; Human Performance (HHP)</td>
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<td>School:</td>
<td>School of Health Sciences</td>
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<td>Course Title:</td>
<td>Nutrition for Sport and Exercise</td>
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<td>Permission Required:</td>
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In Workflow
1. HHP Chair
2. HO Admin
3. HO Dean
4. University Curriculum Committee Chair
5. Banner

Approval Path
1. 09/11/15 4:28 pm
   Susan Hart (shart): Approved for HHP Chair
2. 09/11/15 4:37 pm
   Julie Goodsell (goodsell): Approved for HO Admin
3. 09/14/15 1:35 pm
   Patricia Wintch (wintch): Approved for HO Dean
Repeatable for Credit: No
Schedule Type: Lecture Hrs/Wk: 3
Catalog Prerequisites? No
Corequisites? No
Course/Lab Fee? No
Instruction Index Code: FED100
GE Status Requested: No
Catalog Description: This course provides an overview of the scientific foundations of sports nutrition. Areas of emphasis include basic nutritional concepts, energy expenditure during different types of exercise, optimal diets for various training and activities, timing and composition of pre and post competition meals, the use of nutritional supplements and ergogenic aids, and the specific needs of different athletic populations. The course can provide beneficial information to the recreational or competitive athlete, and to any individual wishing to incorporate nutrition in their active lifestyle.
Course Rotation: Spring (every)
Justification for course/change: Core course required for students interested in exercise science.

Library Resources Adequate: Yes
Tech Resources Adequate: Yes

Comparable Courses: (use USHE course first)

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<tr>
<th>Institution</th>
<th>Prefix/Number</th>
<th>Credit(s)</th>
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Course Learning Outcomes:

By the end of the course, students should be able to:

1. Understand the pathways to digestion and absorption of macro and micro nutrients.
2. Understand the different fuel systems for energy production and needs during physical activity.
3. Understand the concept of energy balance and human metabolism.
4. Understand the importance of body composition and weight management for athletic performance.
5. Understand the effectiveness of nutritional supplementation and/or ergogenic aids.
6. Understand the different forms of eating disorders or diseases associated with nutrition intake.
7. Understand the effects of nutrition in exercise for specific populations.
8. Discuss human nutrition research and its application.