



College Document # 174

UCC Document # 235

Review Type: Edit Exp Full

CATALOG YEAR 2015-2016

COLLEGE/SCHOOL/SECTION: COLLEGE OF EDUCATION/KINESIOLOGY

Course: Add: X Delete:
(Check all that apply) Change: Number Title SCH Description Prerequisite

Response Required: New course will be part of major X minor as a required X or elective course

Response Required: New course will introduce X, reinforce X, or apply X concepts

Response Required: Grade Type X Normal (A-F) CR/NC P/F

If new, provide Course Prefix, Number, Title, **Measurable** Student Learning Outcomes, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current online catalog, provide change and attach text with changes in red and provide a brief justification.

KINE 3307 *Exercise and Nutrition*
Three semester hours

This course is designed to examine the different physiological relationships between exercise and nutrition and how they relate to metabolism. Emphasis is placed on the body's metabolic response to a wide range of stresses that occur in different sports and activities, at different intensities, and within different environments. In addition, this course will study the methods of assessing an athlete's nutritional needs and status. Prerequisite: KINE 3300.

Student Learning Outcomes

The student will be able to:

1. Assess an athlete's energy and fuel needs based on an understanding of metabolism and related physiology.
2. Evaluate metabolic and physiological factors that impact body size and composition during the various states of training, competition and recovery.
3. Identify the scientific principles associated with sports nutrition as it pertains to hydration and thermoregulation.
4. Assess current science-based recommendations for vitamin/mineral supplements and ergogenic aids used within the sports nutrition plans of athletes.

Justification:

Exercise and nutrition are closely related, thus optimal metabolism for health and performance requires special attention. The non-certification program in kinesiology currently lacks an exercise and nutrition course. This course is important to understand human metabolism during exercise, as well as how metabolism relates to obesity issues. It is also a component of the ACSM endorsement for students.

Program: Delete: ___ Add: ___ Change: ___ Attach new/changed Program of Study description and 4-year plan. If in current online catalog, provide change and attach text with changes in red.






Program Learning Outcomes: Add: ___ Change: ___ Attach listing of program learning outcomes.

Minor: Add: ___ Delete: ___ Change: ___ Attach new/changed minor. If in current online catalog, provide change and attach text with changes in red.

College Introductory Pages: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Other: Add information: ___ Change information: ___ Attach new/changed information. If in current online catalog, provide change and attach text with changes in red.

Approvals:

	Signature	Date
Chair Department Curriculum Committee		2/25/15
Chair Department		2/25/15
Chair College Curriculum Committee		2/25/15
Dean		2/25/15
Provost		5/18/15

06/2014