EASTERN ARIZONA COLLEGE
Sports Nutrition
Course Design
2014-2015

Course Information
Division: Health & Physical Education
Course Number: HPE 274
Title: Sports Nutrition
Credits: 3
Developed by: Andrea Bagnall
Lecture/Lab Ratio: 3 Lecture/0 Lab
Transfer Status: ASU

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Activity Course: No
CIP Code: 51.0800
Assessment Mode: Pre/Post Test (20 Questions/20 Points)
Semester Taught: Fall
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is designed for the Sports Medicine and Rehabilitative Therapies program. It is also designed to meet the needs of students involved in other Health and Physical Education programs, including Sports Studies.

Description
Examination of the relationship between nutrition and the human body. Includes introduction to nutrition, food habits, nutritional components, food selection, nutritional assessment, eating disorders, and using your knowledge. Course identical to HHP 274.

Supplies
None
Competencies and Performance Standards

1. Examine the general principles of nutrition.
   
   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. describe the function of food
   b. identify the essential nutrients
   c. assess and analyze nutrient intake
   d. describe sub cellular structure and energy metabolism
   e. describe the components of energy expenditure and how it is measured

   **Performance Standards**
   
   *You will demonstrate your competence:*
   
   o correctly answering test questions pertaining to these nutrient components

   *Your performance will be successful when:*
   
   o you successfully identify and describe the different nutrient components
   o you successfully assess the different nutrient components

2. Examine the history, role, key points, and key terms regarding the six essential nutrients.
   
   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. describe the history, role, key points and terms of Carbohydrates
   b. describe the history, role, key points and terms of Fat
   c. describe the history, role, key points and terms of Proteins and Amino Acids
   d. describe the history, role, key points and terms of Water Requirements
   e. describe the history, role, key points and terms of the Micronutrients: Vitamins and Minerals

   **Performance Standards**
   
   *You will demonstrate your competence:*
   
   o correctly answering test questions pertaining to the six essential Nutrients

   *Your performance will be successful when:*
   
   o you successfully describe the history, role, key points and terms of the six essential nutrients

3. Examine the role of nutritional supplements in sports.
   
   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. understand a detailed look at Nutritional Supplements
   b. differentiate between various Nutritional Supplements studies
   c. describe the key points and terms of Nutritional Supplements

   **Performance Standards**
   
   *You will demonstrate your competence:*
   
   o correctly answering test questions pertaining to Nutritional Supplements
4. **Examine the role of nutrition in weight management.**

   **Learning objectives**
   What you will learn as you master the competency:
   a. explain ideal body weight and composition
   b. differentiate between making weight and rapid weight loss strategies
   c. describe the key points and terms

   **Performance Standards**
   You will demonstrate your competence:
   o correctly answering test questions regarding to the role of Nutrition in Weight Management

   Your performance will be successful when:
   o you successfully describe and differentiate the role of Nutrition in Weight Management

5. **Examine the role of eating disorders in athletes.**

   **Learning objectives**
   What you will learn as you master the competency:
   a. differentiate between various types of Eating Disorders
   b. explain the risk factors
   c. describe different treatment and prevention programs
   d. describe the key points and terms

   **Performance Standards**
   You will demonstrate your competence:
   o correctly answering test questions pertaining to Eating Disorders

   Your performance will be successful when:
   o you successfully explain the components of Eating Disorders

6. **Examine the role of nutrition in the immune function of athletes.**

   **Learning objectives**
   What you will learn as you master the competency:
   a. explain the functions and mechanism of the Immune Response
   b. differentiate between the effects of exercise and the manipulations to decrease Immuno-depression
   c. describe the key points and terms

   **Performance Standards**
   You will demonstrate your competence:
   o correctly answering test questions pertaining to immune functions

   Your performance will be successful when:
you successfully explain and differentiate between the various components of the Immune Function in athletes

**Types of Instruction**
Classroom Presentation

**Grading Information**

**Grading Rationale**

- Testing: 70%
- Assignments: 20%
- Pre-Post Tests: 10%

**Grading Scale**

- A: 90% - 100%
- B: 80% - 89%
- C: 70% - 79%
- D: 60% - 69%
- F: Below 60%