

Clackamas Community College
Online Course/Outline Submission System

Section #1 General Course Information**Department:**HPE**Submitter**

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Course Prefix and Number:HE - 223**# Credits:**3**Contact hours**

Lecture (# of hours): 33

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title:Sports Nutrition**Course Description:**

Examination of nutrition as it relates to the demands of exercise and competitive sport. Emphasis on the relationship of diet and exercise to optimal health and performance. This course can lead to a certification as a sports nutritionist through the NCSF.

Type of Course:Lower Division Collegiate**Reason for the new course:**

To provide a more in depth look at nutrition. Also, it will be added to our current Fit Tech certificate.

Is this class challengeable?**No**

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

No

Are there prerequisites to this course?

No

Are there corequisites to this course?

No

Are there any requirements or recommendations for students taken this course?

No

Are there similar courses existing in other programs or disciplines at CCC?

Yes

Have you talked with the appropriate chair?

Yes (A 'Yes' certifies you have talked with the chair and have received approval.)*

Will this class use library resources?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

Yes

Area:Physical Education/Health

GRADING METHOD:

A-F or Pass/No Pass

Audit:No

When do you plan to offer this course?

- ✓ Fall
- ✓ Winter
- ✓ Spring

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. identify and apply the general principles of nutrition and nutrient requirements,
2. discuss and encourage critical thinking,
3. apply fundamentals of nutrition, with its relation to physical activity and competitive sport,
4. demonstrate an understanding of healthy living,
5. Demonstrate the knowledge to be prepared to take the certification exam for a Certified Sports Nutritionist.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Nutrients and recommended intakes.
2. Fuel sources for muscle and and exercise metabolism/Energy.
3. Carbohydrates, fat, protein and amino acids.
4. Water requirements, vitamins and minerals.
5. Nutrition supplements.
6. Body composition and weight management.
7. Nutrition and immune function.

Does the content of this class relate to job skills in any of the following areas:

- | | |
|--------------------------------------|-----------|
| 1. Increased energy efficiency | No |
| 2. Produce renewable energy | No |
| 3. Prevent environmental degradation | No |
| 4. Clean up natural environment | No |
| 5. Supports green services | No |

Percent of course:0%

Section #2 Course Transferability

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

1. Is there an equivalent lower division course at the University?
2. Will a department accept the course for its major or minor requirements?
3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)

Identify comparable course(s) at OUS school(s)

How does it transfer? (Check all that apply)

:

First term to be offered:

Specify term: Fall 2014
