

Approval Chart for Curriculum Changes

A = Approve I= Information Item¹ R= Advise & Respond²

Course Number NUTR 635 Nutrition for Exercise and Sportor Degree Plan(s) _____

State the requested change and reason. A memo may be attached if more space is necessary.

New course application provided.

Circle the number that corresponds to the requested change. Degree plan changes are on the second page.

					COUNCIL ³					
		Dept./School	College Academic	Deans	TEC	UGEC	UUAC	GRAD	Provost	President
1.	Title (description unchanged)	A	A	A		I			I	I
2.	Description (not affecting content)	A	A	A		I			I	I
3.	Course term(s)	A	I	A		I			I	I
4.	Content (substantive change)	A	A	A		I			A	A
5.	Number of hours (lecture, lab, contact)	A	A	A		A			A	A
6.	Course number within the hundred	A	A	I		I			I	I
7.	Course number beyond the hundred	A	A	A		A			A	A
8.	Prerequisites	A	A	A		I			I	I
9.	Course fee(s)	A	--	A		--			A	I
10.	From U to G or G to U	A	A	A		A			A	A
11.	Cross list with another department: U or G level	A	A	A		A			A	A
12.	Department of record	A	A	A		A			A	A
13.	Open or close a course	A	A	A		A			A	A
14.	New course — See website for application and process. This change includes combining or splitting a course(s).	A	A	A		A			A	A

Note: When an academic unit does not have a council, the UGEC and/or UUAC will serve as its academic council, depending on the nature of the issue.

Approval Chart for Curriculum Changes

A = Approve I= Information Item¹ R= Advise & Respond²

		COUNCIL ³							President	Faculty	Provost	Board of Trustees
Change to a Degree Plan		Dept./School	College Academic	Deans	TEC	UGEC	UUAC	GRAD				
1.	University Requirements — Change in approved course content ⁶	A	A	A		A			A	--	A	--
2.	University Requirements — Add or drop a required course from the University Requirements chart ⁶	A	A	A		A			A	A	A	--
3.	University Requirements — Add or drop a course from a menu within the University Requirements ⁶	A	--	--		A			A	--	A	--
4.	University Requirements — Change hours within a menu on the University Requirements chart ⁶	A	A	A		A			A	A	A	--
5.	Major — Revision of major ^{4,5}	A	A	A		A			A	--	A	--
6.	Major — Adopt or change admission requirements	A	A	A		A			A	--	A	--
7.	Major — Add ^{4,5}	A	A	A		A			A	A	A	I
8.	Major – Discontinue (proposed by the department or college)	A	A	A		A			A	A	A	I
9.	Major – Discontinue (proposed by the Provost)	See below.										
10.	GPA — Revise major or cumulative requirement	A	A	A		A			A	A	A	--
11.	Minor — Revise course selection	A	A	A		I			I	--	I	--
12.	Minor — Add	A	A	A		A			A	--	A	--
13.	Minor – Discontinue (proposed by the department or college)	A	A	A		A			A	--	A	--
14.	Minor – Discontinue (proposed by the Provost)	See below.										
15.	Degree — Add	A	A	A		A			A	A	A	I
16.	Degree – Discontinue (proposed by the department or college)	A	A	A		A			A	A	A	I
17.	Degree – Discontinue (proposed by the Provost)	See below.										
18.	Any change to a graduate degree program	A	A	A		A			A	--	A	--

		COUNCIL ³							President	Faculty	Provost	Board of Trustees
Provost-Proposed Change		Provost	Department	Dean	TEC	UUAC	Graduate					
1.	Major/Graduate Program – Discontinue (proposed by the Provost)	A	R	R		A			A	A	A	I
2.	Minor – Discontinue (proposed by the Provost)	A	R	R		A			--	A	A	--
3.	Degree – Discontinue (proposed by the Provost)	A	R	R		A			A	A	A	I

Curriculum/Catalog Changes Approval Sheet

 Signature	Department/School Chair(s) 4/3/19 Approval date
_____ Signature	_____ Approval date

 Signature	College Academic Council(s) 4/30/19 Approval date
_____ Signature	_____ Approval date

 Signature	Dean(s) 4/30/19 Approval date
_____ Signature	_____ Approval date

General Education Council	
_____ Chair's signature	_____ Approval date

Undergraduate Academic Council	
_____ Chair's signature	_____ Approval date

Graduate Council	
_____ Chair's signature	_____ Approval date

Provost	
_____ Signature	_____ Approval date

Faculty	
_____ Chair of faculty senate	_____ Approval date

President	
_____ Signature	_____ Approval date

Board of Trustees	
_____ Chair's signature	_____ Approval date

Application for a New Course v10.6

Course ID <i>Subject and Number</i>	NUTR 635
Date APPROVED	
Date DENIED	

I. Systems and Catalog Information Complete each item.

1	Course Developer	Martha Smallwood
2	Course Teacher	Martha Smallwood
3	Course Title	Nutrition for Exercise and Sport
4	Course Abbreviation (if title is over 30 characters)	
5	College	Education and Human Services
6	Department	Kinesiology & Nutrition
7	Number of Credit Hours	3
8a.	Number of contact hours - lecture	N/A
8b.	Number of contact hours – lab/activity	N/A
9	Is the course for a fixed or variable number of credit hours?	Fixed
10	Explanation for variable credit	N/A
11	Is the course repeatable for additional credit?	No
12	Maximum total number of credit hours a student can earn for this course	3
13	What type of course is this? (Select one. Please see Schedule Type definitions above.)	☒ Traditional lecture ☒ Online ☐ Traditional lab ☐ Traditional lecture/lab ☐ Experiential Learning ☐ Seminar ☐ Studio ☐ Thesis ☐ Dissertation

14	Instructor Workload	3
15	Grade Mode (check all appropriate):	☒ Standard ☐ Credit/No Credit (undergrad only)
16	Maximum Enrollment	20
17	Catalog Description (50 words or less)	Provides comprehensive, evidence-based information concerning fundamentals of how the active individual can achieve optimal nutrition by appropriate fueling for various sports and activity choices. Includes information on body composition, energy balance, food choices, and supplements before, during, and after exercise.
18	List any prerequisites (course/s, test scores, class standing, major, etc.)	Formal acceptance for progression into the Master's Degree in Athletic Training OR Completion of the Didactic Program in Dietetics at an accredited university and admission to the Graduate School at ACU.
19	List any co-requisites	N/A
20	If the course is cross listed, specify the Course ID(s); MUST have signature in Section V from all Department Chairs	N/A
21	Does this course have any special student costs?	☒ No ☐ Yes (If yes, must attach a <u>completed</u> "Request to Add or Change Course Fees" form. Describe in section IV-F.)
22a	How frequently will the course be offered in the Fall ? All, even or odd years?	N/A
22b	How frequently will the course be offered in the Spring ? All, even or odd years?	N/A
22c	How frequently will the course be offered in the Summer ? All, even or odd years?	Every summer
23	First semester this course will be offered <i>New courses may not be taught under their approved course ID until they appear in the catalog, therefore, no earlier than the coming fall.</i>	Summer of 2019
24	List course/s that should be deleted,	N/A

	(Also, include the last semester for course/s being deleted) <i>A course cannot be deleted when it is a requirement in a degree plan in any department.</i>	
25	Is this course required for a degree/s? <i>If "Yes," attach a revised degree plan(s) reflecting the placement of the new course.</i>	☐ No ☒ Yes – the MAT degree
26	Should the addition of this course be retroactively applied to the degree plan it supports?	☐ No ☒ Yes Explanation: This is a course that will be required for the MAT degree and must be shown on the degree plan for accreditation purposes.
27	Has this course been offered as a Special Topics course?	☒ No ☐ Yes <i>If "Yes," specify the Course ID and enrollment for each term it was taught.</i> <i>(Note: New courses are NOT required to be taught as Special Topics courses prior to being approved. However, a course may be taught once as Special Topics before it is proposed. See the Course Descriptions section of the Catalog for details.)</i>
28	List any courses in which the content overlaps the proposed course. (Course ID and Name) <i>Attach a statement from the instructor/dept chair of the existing course justifying the new offering in Section IV-D.</i>	N/A

II. Curriculum

1	Degree Plan Explanation of how this course affects degree requirements.	This course is required in the MAT degree
2	Justification State the justification for adding this course to the current curriculum. Represent the need.	This course addresses components of several accreditation standards for Athletic Training programs. Standard 77 – Identify, refer, and give support to patients with behavioral health conditions. Work with

		other health care professionals to monitor these patients' treatment, compliance, progress, and readiness to participate. (These behavioral health conditions include but are not limited to conditions such as eating disorders) Standard 79 – Develop and implement strategies to mitigate the risk for long-term health conditions across the lifespan. These include (but are not limited to) the following conditions: • Adrenal diseases • Cardiovascular disease • Diabetes • Neurocognitive disease • Obesity • Osteoarthritis (Each one of these is affected/treated with nutrition) Standard 82 – Develop, implement, and supervise comprehensive programs to maximize sport performance that are safe and specific to the client's activity. (A nutrition plan could be part of this) Standard 83 – Educate and make recommendations to clients/patients on fluids and nutrients to ingest prior to activity, during activity, and during recovery for a variety of activities and environmental conditions. Standard 84 – Educate clients/patients about the effects, participation consequences, and risks of misuse and abuse of alcohol, tobacco, performance-enhancing drugs/substances, and over-the-counter, prescription, and recreational drugs. (Supplements could be included in this standard) Standard 87 – Select and use biometrics and physiological monitoring systems and translate the data into effective preventive measures, clinical interventions, and performance enhancement. (This could be the skinfold or BMI measurements)
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III. Course Design

1. Audience and Course Goal

1	Describe the intended audience, including prerequisite skills.	This course is for students admitted to the M.S. in Nutrition or Masters in Athletic Training programs.
2	State the overarching course goal(s) in performance terms.	The student will be able to apply nutrition principles for enhancement of exercise and sport performance.

2. Competencies and Measurements

	Competency - The student will:	Measurement
1	Students are able to explain how food is turned into energy via the three energy systems and how carbohydrate, protein, fat, water, vitamins and minerals all interact for top performance. A. Students explain how various mixtures of macro nutrients impact energy production for various sports and activities. B. Students create appropriate menus for meals and snacks for workouts and pre-and post-game fuelings.	A. Tests B. Menu
2	Students are able to use evidence-based information to assess the value and safety of key nutritional supplements and ergogenic aids to enhance performance.	Ergogenic Supplement Discussion
3	Students are able to use effective techniques to counsel an athlete using nutrient analysis of food and exercise records and assessing readiness for change.	Nutrition Consultation for the Athlete Project
4	Students are able to formulate recommendations to athletes who desire to alter weight or recover from an eating disorder.	Tests
5	Students are able to use peer-reviewed research articles to validate nutritional recommendations to athletes who desire to improve performance through better nutrition.	Annotated Bibliography

3. Text and Resources

1. Give the full publication information of the textbook/s and other required resources and outside readings.

Fink, H.H. & Mikesky, A.E.: Practical Applications in Sports Nutrition, 5th Edition. Jones and Bartlett Learning, 2018. ISBN: ISBN-13: 978-1284101393

2. For **combined undergraduate/graduate** courses, make two lists:
- full publication information; label **Undergraduate**.
 - full publication information; label **Graduate**. Indicate number of pages required.

IV. Supporting Documentation

Supporting documents must accompany proposal prior to preliminary approval by chair and dean.

1	Library — Submit new course application and syllabus to the Dean of the Library. Consult with the director and establish a deadline for completion of the library report. Attach the signed copy of the Library report.
2	Instructional Design — The application and syllabus must be reviewed by the Adams Center. Attach a copy of the Adams Center Review Letter.

3	Content Overlap — Include one document for each course you listed in Section I-I. Attach statement from instructor/dept chair of existing course justifying the new offering.
4	Departmental Resources — List the resources that support the course and are available only through the department, if applicable. Attach the list of the holdings and the location/s.
5	Resources — List resources (other than library or departmental resources) that are needed to support this course (computers, lab equipment, other technology, etc.). Attach a complete list of all items and indicate possible sources or estimated cost of each. List the sources of any needed funds.
6	Expenses — List additional expenses needed to implement this course (full-time or part-time faculty, graduate or lab assistants, student employees, travel, special student costs, room renovation, storage facility, etc.). Attach a complete list of all items, the estimated cost of each and the source of the funds.
7	Justification — Attach all documents referred to in Section II-2
8	Syllabus — Attach the syllabus for the course based upon the anticipated first-semester offering.
9	Provide documentation for all additional attachments here

V. Preliminary Approvals

All supporting documentation has been assembled and attached to this application. I believe this course is ready to be presented to appropriate councils. We have a plan to fund this new course.

Course Number and Name NUTR 635 Nutrition for Exercise and Sport

Primary Department

Heida Jones

Department Chair
Dean of the College

4/3/19
Date

_____ Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair
Dean of the College

Date

_____ Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair
Dean of the College

Date

_____ Date

VI. Actions *Place all actions on one page.*

Course ID: NUTR 635

Course Title: Nutrition for Exercise and Sport

1. College Academic Council: (for all courses)

Note: Insert additional lines for College Academic Council action for each college involved in cross-listed courses.

Approved ☒ Denied ☐  4-30-19
College Dean or Director Date

Approved ☐ Denied ☐ _____
College Dean or Director Date

2. Graduate Council: (for graduate level courses)

Approved ☐ Denied ☐ _____
Dean of Graduate School Date

3. Teacher Education Council: (when applicable)

Approved ☐ Denied ☐ _____
TEC Chair Date

4. University General Education Council: (when applicable)

Approved ☐ Denied ☐ _____
Provost's designee Date

5. University Undergraduate Academic Council: (*undergraduate level courses*)

Approved ☐ Denied ☐ _____
Vice Provost Date

6. Academic Provost: (for all courses)

Approved ☐ Denied ☐ _____
Provost Date

7. President of the University: (for all courses)

Approved ☐ Denied ☐ _____
President Date

Attach notes, comments, or conditions from appropriate councils:

Nutrition for Exercise and Sport NUTR 635

Nutrition recommendations for athletes and active individuals who want to improve their sports and exercise performance. Includes evidence-based information on food choices, macronutrients, micronutrients, hydration, and nutritional supplementation.

Course number and title: Nutrition for Exercise and Sport—NUTR 635

Department: Kinesiology and Nutrition

Program: MS in Nutrition and Athletic Training

Credit hours: 3

Semester and year: Summer 1, 2019

Meeting time and place: This is an on-line course. There are no regularly scheduled meeting times. Occasionally, the professor may utilize technology for a Zoom or Skype session. These will be communicated in advance of the scheduled session. ACU uses Canvas for its learning management system. The URL for Canvas is acu.edu/canvas. Instructions on using Canvas are available by clicking “Help” once you have clicked on the above URL.

Prerequisites: Formal acceptance for progression into the Master’s Degree in Athletic Training OR Completion of the Didactic Program in Dietetics at an accredited university and admission to the Graduate School at ACU.

Catalog description: Provides comprehensive, evidence-based information concerning fundamentals of how the active individual can achieve optimal nutrition by appropriate fueling for various sports and activity choices. Includes information on body composition, energy balance, food choices, and supplements before, during, and after exercise.

Intended audience: This is a graduate level course for students enrolled in the M.S. in Nutrition or Masters in Athletic Training programs.

About the Teacher

Martha Smallwood, EdD, RDN, LD

Assistant Professor

Office location: Gibson, Room 132B

Phone number(s): Office: 325-674-2874

Email address: mts03d@acu.edu

Office hours/Contact expectations:

- Office Hours are different each semester. For an on-line course, I will check email at least every 24 hours with the exception of weekends. I will often check on the weekends, but the timing is more sporadic. It is best to email before 5:00 pm on Friday evening if you need a response before Monday.
- If at all possible, all assignments, questions and contacts should come through Canvas first. Email should be used for questions if you have not received a timely response via

Canvas. Please use the telephone only if it is urgent that you hear from me and cannot wait for 24 hours to get your question answered. I prefer not to communicate with students by text.

- Please use your ACU email (not your personal email) to contact me, as this makes it easier to identify you as a student. When you communicate by email, please include your full name, in case there are students with the same first names.

Mission Statements

ACU Mission: The mission of Abilene Christian University is to educate students for Christian service and leadership throughout the world.

College Mission: The mission of the College of Education and Human Services is to equip students for global service and leadership through exemplary practice in education and human services, informed by a Christian perspective.

Mission of MS in Community Nutrition: To prepare graduates for successful careers as Registered Dietitians/Nutritionists who are committed to servant leadership while modeling Christian values.

Personal mission statement: To keep our spirits, souls and bodies nourished by God's word, nutritious food, healthy lifestyles, and positive relationships with others.

Unique Christian Perspective: Our bodies are fearfully and wonderfully created. As we strive to maintain health in the midst of physical changes and stressful situations, we need to open our minds to new truths that God reveals to us through research, logic, experience, and prayer. We believe that God desires us to seek health by looking first to Him as the author of life and then by utilizing discoveries from science. Physical, emotional, and spiritual health are all intertwined. In the quest for good nutrition and health, we need to remember that God wants us to seek nourishment for our hearts and our souls as well as our bodies.

Course Content

Topics:

- Overview of basic nutrition related to exercise and sport including energy production from food, use of carbohydrate, protein, fat, vitamins, minerals and water to fuel the body during exercise;
- Proper fueling before, during and after various types of exercise including endurance, team sport, and body building;
- Effective nutrition counseling for athletes;
- Use of nutritional supplements and ergogenic aids
- Weight control and eating disorder guidance for athletes

Format of Class

This is an on-line class. Students will complete the assignments for the week posted on Canvas. Most assignments will be written and turned in for grading as doc, docx or PDF. Files from pages will not be accepted. There will be some class discussions that will be done via Canvas.

Instructional Materials

Textbook

Fink, H.H. & Mikesky, A.E.: Practical Applications in Sports Nutrition, 5th Edition. Jones and Bartlett Learning, 2018. ISBN: ISBN-13: 978-1284101393

Students will also locate scholarly articles utilizing search engines and databases from the ACU Brown Library, which you may access through the Distance Learning Portal at <http://guides.acu.edu/distance> . This web site supports distance education students who are using the ACU Library.

Course goal: The student will be able to apply nutrition principles for enhancement of exercise and sport performance.

Competencies/Outcomes

1	Students are able to explain how food is turned into energy via the three energy systems and how carbohydrate, protein, fat, water, vitamins and minerals all interact for top performance. A. Students explain how various mixtures of macro nutrients impact energy production for various sports and activities. B. Students create appropriate menus for meals and snacks for workouts and pre-and post-game fuelings.	A. Tests B. Menu
2	Students are able to use evidence-based information to assess the value and safety of key nutritional supplements and ergogenic aids to enhance performance.	Ergogenic Supplement Discussion
3	Students are able to use effective techniques to counsel an athlete using nutrient analysis of food and exercise records and assessing readiness for change.	Nutrition Consultation for the Athlete Project
4	Students are able to formulate recommendations to athletes who desire to alter weight or recover from an eating disorder.	Tests
5	Students are able to use peer-reviewed research articles to validate nutritional recommendations to athletes who desire to improve performance through better nutrition.	Annotated Bibliography

Chapter Quizzes--14	285
Annotated Bibliography on Sports Nutrition Topic—5 Peer Reviewed Articles	50
Nutrition Consultation for the Athlete	100
Menu for one Day Workout, and Pre-and Post-Game Meals and Snacks for Competition Day	50
Ergogenic Supplement Discussion (Assigned category such as Protein, MCT, Glutamine, etc)	30
Response on Discussion Board	10
Total	525

Range of Points	Percentage of Points	Final Letter Grade
569-630	90-100%	A
504-568	80-89%	B
441-503	70-79%	C
378-440	60-69%	D
377 and below	59% and below	F

This course addresses components of several accreditation standards for Athletic Training programs:

Standard 77 – Identify, refer, and give support to patients with behavioral health conditions. Work with other health care professionals to monitor these patients’ treatment, compliance, progress, and readiness to participate.
(These behavioral health conditions include but are not limited to conditions such as eating disorders)

Standard 79 – Develop and implement strategies to mitigate the risk for long-term health conditions across the lifespan. These include (but are not limited to) the following conditions:

- Adrenal diseases
- Cardiovascular disease
- Diabetes
- Neurocognitive disease
- Obesity
- Osteoarthritis

(Each one of these is affected/treated with nutrition)

Standard 82 – Develop, implement, and supervise comprehensive programs to maximize sport performance that are safe and specific to the client’s activity.

(A nutrition plan could be part of this)

Standard 83 – Educate and make recommendations to clients/patients on fluids and nutrients to ingest prior to activity, during activity, and during recovery for a variety of activities and environmental conditions.

Standard 84 – Educate clients/patients about the effects, participation consequences, and risks of misuse and abuse of alcohol, tobacco, performance-enhancing drugs/substances, and over-the-counter, prescription, and recreational drugs.
(Supplements could be included in this standard)

Standard 87 – Select and use biometrics and physiological monitoring systems and translate the data into effective preventive measures, clinical interventions, and performance enhancement.
(This could be the skinfold or BMI measurements)

Late assignments

As this is a graduate course, students are expected to complete all assignments by the deadline on Canvas. Some late assignments may be accepted on an individual basis with increasing penalty for each day they are late. Assignments lose 15% for each day they are late, and after 3 days, students will not receive credit for the assignment. Any extenuating circumstances that preclude a student from getting the assignment in on-time should be discussed with the professor as soon as possible, but no later than one day prior to the assigned deadline.

Team 55 Support

Please direct technical questions concerning computer problems to Team 55 at <http://www.acu.edu/technology/team55/> or call 325-674-4357.

Academic Integrity

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in our lives. Every member of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost's office web site <http://www.acu.edu/legacy/academics/provost/policies/academic-integrity.html>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

ADA Compliance Statement

Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a

documented disability and wish to discuss academic accommodations, please call our office directly at 325-674-2667.

Harassment policy

“As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Harassment is defined as unwelcome behavior or conduct based on sex, religion, race, age, color, national origin, veteran's status, disability, or any other characteristic protected by law when (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, education, or participation in University programs or activities, (2) submission to, or rejection of, such conduct by an individual is used as the basis for a decision affecting an individual's employment, education, or participation in University programs of activities, or (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive environment for work, education, or participation in a University program or activity.” See the full university policy by following [this link](#).

The calendar below may be modified during the semester, so students should check Canvas Modules at least weekly for updates. Canvas Modules show the current due dates for all assignments.

NUTR 635 Nutrition for Exercise and Sport Summer I, 2019

Text	Fink, H.H. & Mikesky, A.E.: Practical Applications in Sports Nutrition, 5 th Edition. Jones and Bartlett Learning, 2018. ISBN: ISBN-13: 978-1284101393
Project 1	Annotated Bibliography Each student must choose a different sports nutrition topic on which to do the annotated bibliography. Five peer-reviewed articles are required that are all on the same topic. The research must have been done in the United States within the past ten years. Full citation must be given using APA 6. Use this URL to learn more about writing an annotated bibliography: https://owl.purdue.edu/owl/general_writing/common_writing_assignments/annotated_bibliographies/index.html Be sure to look at the example later in the article. Each annotation must summarize, assess, and reflect. Each annotation must be between ½-1 page of 10-12 font. Spelling and grammar are important.
Project 2	Ergogenic Supplement Discussion The student will be assigned a category of nutritional supplements to research. From that category, he or she will select a supplement sold online or in a store that targets athletes. Complete the document posted on Canvas.
Project 3	Nutrition Consultation for the Athlete Students select a college-level athlete who agrees to be interviewed. Project will include the following headings: Background Information including athlete's goals, 3 Day Food Diary, All print-outs or Screen Shots of nutrient

	analysis for 3 days (only 1 weekend day) from Health-Watch 360; List of supplements (separate from nutrient analysis); Make comments regarding positive observations and recommendations; Assess readiness to change; Bullet point list of recommendations including specific foods, amounts, and number of servings to meet goals.
Project 4	Menu One-day menu (input into 360 Health Watch without supplements) for workout day. Include a competition day menu with pre-game, during game, and post-game fuelings. Include suggested hydration plan and amounts. The full day must be analyzed using 360 Health Watch. Include charts and graphs and an explanation of how the menu meets your recommendations from the previous consultation report.
Wk 1 May 7-13	Monday - Chapter 1, Introduction to Sports Nutrition Tuesday - Chapter 2, Nutrients; Ingestion to Energy Metabolism <i>Quiz, Chapters 1 & 2</i> Wednesday - Chapter 3, Carbohydrates <i>Quiz, Chapter 3</i> Thursday - Chapter 4, Fats <i>Quiz, Chapter 4</i> Friday - Chapter 5, Protein <i>Quiz, Chapter 5</i>
Wk 2 May 14-20	Monday , Chapter 6, Vitamins <i>Quiz, Chapter 6</i> Tuesday - Chapter 7, Minerals <i>Quiz, Chapter 7</i> Wednesday - Chapter 8, Water <i>Quiz, Chapter 8</i> Thursday - Chapter 9, Ergogenics <i>Quiz, Chapter 9</i> <i>Annotated Bibliography Due</i> Friday - Chapter 10, Nutrition Consultation with the Athlete <i>Quiz, Chapter 10</i>
Wk 3 May 21-27	Monday , Chapter 11, Weight Management <i>Quiz, Chapter 11</i> <i>Ergogenic Supplement Report and Recommendation Due</i> Tuesday , Chapter 12, Endurance and Ultra-Endurance Athletes <i>Quiz, Chapter 12</i> Wednesday , Chapter 13, Strength and Power Athletes <i>Quiz, Chapter 13</i> <i>Nutrition Consultation with the Athlete Due</i> Thursday , Chapter 14, Team Sport Athletes Chapter 15, Special Populations <i>Quiz, Chapters 14-15</i> <i>Menu/Snack Planning for Athlete Project Due</i>

ABILENE CHRISTIAN UNIVERSITY

LIBRARY

M E M O R A N D U M

DATE: April 25, 2019
TO: Sheila Jones
FROM: Mark McCallon, Associate Dean for Library Services
RE: Course Application for NUTR 635 – Nutrition for Exercise and Sport

The ACU Library and the College of Education and Human Services have agreed to two memoranda of understanding for funding models for Library Resources in support of the Master's of Nutrition and Master's of Athletic Training programs. With the continued support of resources through these funding models, the library should be able to support the proposed course in the online format. Please contact your Librarian Liaison, Gary Oliver (oliverg@acu.edu), when additional resources are needed for the course.

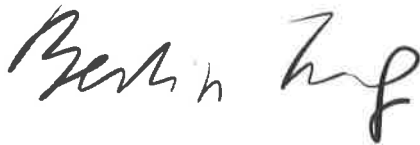
Since this is an online course with research assignments, please modify the course syllabus to include a statement saying **“Students will also locate scholarly articles utilizing search engines and databases from the ACU Brown Library, which you may access through the Distance Learning Portal at <http://guides.acu.edu/distance> . This web site supports distance education students who are using the ACU Library.”**

Thank you for letting us examine the course proposal and syllabus.

Dr. Martha Smallwood
Gibson, Room 132B
Abilene Christian University
Tel: (325)674 2874
Email: mts03d@acu.edu
April 3, 2019

Dear Dr. Smallwood,
Thank you for submitting *NUTR635: Nutrition for Exercise and Sport* for us to review. I have reviewed it using the ACU Syllabus Guidelines, and I found the syllabus to be meeting all the requirements.

Please note that this review letter is going to be used as a reference in the review process. It is not meant to be final approval. Other parties in the review process may have comments of their own. If there is any aspect of the application or course development you would like to discuss further, please let me know. The Adams Center is here to serve you in any aspect of your course development, implementation, and/or ongoing teaching of the course.

A handwritten signature in black ink, appearing to read "Berni Ziegler". The signature is fluid and cursive, with the first name "Berni" and the last name "Ziegler" clearly distinguishable.

Director of Instructional Design, Adams Center