

HELH-109: SPORT NUTRITION & WEIGHT MANAGEMENT

Effective Term

Fall 2012

BOT Approval

05/06/1999

SECTION A - Course Data Elements
Send Workflow to Initiator

No

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	

Subject Code

HELH - Health

Course Number

109

Department

Health (HELH)

Division

Kinesiology & Athletics

Full Course Title

Sport Nutrition & Weight Management

Short Title

Sport Nutrition & Weight Mgmt

CB03 TOP Code

0837.00 - Health Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Review

SECTION B - Course Description
Catalog Course Description

This course is designed to provide students with a foundation of optimal nutrition for health and fitness. Focus is on importance of nutrients in a healthy diet for sports and weight management; appropriate 'fueling' for increased endurance; basics of energy metabolism and maximizing body fat loss; and skills to identify nutrition quackery and fad diets. Appropriate for all skill levels.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify basics of good nutrition for health and fitness.
2.	Describe the importance of carbohydrates, fats, protein, vitamins, minerals and fluids in a healthy diet for sports and weight management.
3.	Recall appropriate foods and fluids before and after exercise for optimal performance.
4.	Identify warning signs of nutrition quackery and fad diets and assess their effects.
5.	Apply knowledge of optimal nutrition to adapt a healthy and fit lifestyle.

Course Content

1. Pre-Assessment/Health and Fitness Goals
2. Nutrition Basics/Healthy Eating
3. Energy Metabolism and Body Weight
4. Carbohydrates
5. Fats
6. Proteins

- 7. Vitamins and Minerals
- 8. Fluids and Hydration
- 9. Midterm
- 10. Nutrition Before, During and After Exercise
- 11. Weight Management and Body Fat Loss
- 12. Fad Diets/Weight-Loss Programs
- 13. Eating Disorders
- 14. Body Composition
- 15. Final Exam
- 16. Post-Assessment

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	

Instructor-Initiated Online Contact Types

- Announcements/Bulletin Boards
- Chat Rooms
- Discussion Boards
- E-mail Communication
- Video or Teleconferencing

Student-Initiated Online Contact Types

- Discussions
- Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Quizzes	
Projects	
Exams/Tests	Final Exam Midterm

Assignments

Writing Assignments

- Pre-assessment
- Weekly readings and handouts
- Post-assessment
- Food journal assignments

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Ellen Coleman, RD MA, MPH

Title

Eating for Endurance

Edition/Version

3rd

Publisher

Bull Publishing

Year

1997

Proposed General Education/Transfer Agreement

Do you wish to propose this course for a Local General Education Area?

No

Do you wish to propose this course for a CSU General Education Area?

No

Do you wish to propose this course for a UC Transferable Course Agreement (UC-TCA)?

No

Course Codes (Admin Only)

ASSIST Update

No

CB00 State ID

CCC000217914

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No