

**Eastern Illinois University**  
**New/Revised Course Proposal Format**  
 (Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

**Banner/Catalog Information (Coversheet)**

1. ☒ **New Course** or ☐ **Revision of Existing Course**
2. **Course prefix and number:** KSS 5307
3. **Short title:** Sports Nutrition for the AT
4. **Long title:** Sports Nutrition for the Athletic Trainer
5. **Hours per week:** 2 Class 0 Lab 2 Credit
6. **Terms:** ☐ Fall ☒ Spring ☐ Summer ☐ On demand
7. **Initial term:** ☐ Fall ☒ Spring ☐ Summer Year: 2020
8. **Catalog course description:** Examination and analysis of applied content and research based nutritional guidelines to provide a clear understanding of how nutrition affects practice, competition and overall health of athletes.

**9. Course attributes:**

General education component: ☐ Not applicable

☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive  
☐ Writing active

**10. Instructional delivery**

**Type of Course:**

☒ Lecture ☐ Lab ☐ Lecture/lab combined ☐ Independent study/research  
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify:

**Mode(s) of Delivery:**

☐ Face to Face ☒ Online ☐ Study Abroad  
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction

11. Course(s) to be deleted from the catalog once this course is approved. ☐ none

12. **Equivalent course(s):** none

a. **Are students allowed to take equivalent course(s) for credit?** ☐ Yes ☒ No

**13. Prerequisite(s):** Admittance into the Athletic Training professional master's degree program and a "C" or better in KSS 5207 - Pharmacology for Athletic Trainers

**a. Can prerequisite be taken concurrently?** ☐ Yes ☒ No

**b. Minimum grade required for the prerequisite course(s)?** C

**c. Use Banner coding to enforce prerequisite course(s)?** ☒ Yes ☐ No

**d. Who may waive prerequisite(s)?**

☒ No one ☐ Chair ☐ Instructor ☐ Advisor ☐ Other (specify)

**14. Co-requisite(s):** KSS 5308 – Athletic Training Clinical Field Experience III

**15. Enrollment restrictions**

**a. Degrees, colleges, majors, levels, classes which may take the course:** Restricted to students actively admitted into the Master's Degree in Athletic Training Program

**b. Degrees, colleges, majors, levels, classes which may not take the course:** Any Non-Athletic Training master's degree student

**16. Repeat status:** ☒ May not be repeated ☐ May be repeated once with credit

**17. Enter the limit, if any, on hours which may be applied to a major or minor:**

**18. Grading methods:** ☒ Standard ☐ CR/NC ☐ Audit ☐ ABC/NC

**19. Special grading provisions:**

☐ Grade for course will not count in a student's grade point average.

☐ Grade for course will not count in hours toward graduation.

☐ Grade for course will be removed from GPA if student already has credit for or is registered in:

☐ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in:

**20. Additional costs to students:**

Supplemental Materials or Software N/A

Course Fee ☒ No ☐ Yes, Explain if yes

**21. Community college transfer:**

☐ A community college course may be judged equivalent.

☒ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

### **Rationale, Justifications, and Assurances (Part I)**

1.   X   Course is required for the major(s) of: Master's Degree in Athletic Training \_\_\_\_\_  
\_\_\_\_\_ Course is required for the minor(s) of \_\_\_\_\_  
\_\_\_\_\_ Course is required for the certificate program(s) of \_\_\_\_\_  
\_\_\_\_\_ Course is used as an elective

2. **Rationale for proposal** : This is a required course within the athletic training program. KSS 5307 contains required content that must be delivered to students for accreditation purposes and to be eligible to sit for the national board examination.

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: N/A

Prerequisites: Admittance into the Athletic Training professional master's degree program due to a secondary admissions process and a "C" or better in KSS 5207 – Pharmacology for Athletic Trainers

Co-requisites: KSS 5308 – Athletic Training Clinical Field Experience III will reinforce material taught in KSS 5307 in a clinical setting

Enrollment restrictions: Restricted to graduate students actively admitted into the Master's Degree in Athletic Training Program due to a secondary admissions process

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: Offering KSS 5307 as an online course will provide more flexibility in the scheduling of courses and clinical field experiences for the students.

All students admitted into the Athletic Training master's degree program will take this course online and will be beneficial to students who are commuting to EIU's main campus.

Instruction: The online component of the course will include a combination of synchronous and asynchronous learning activities included but not limited to: video lectures, posted

readings, drop box assignments and threaded discussions All instructors who teach this course online will have completed EIU OCDi training or equivalent.

Integrity: Written assignments will be subjected to originality checking software (e.g. Turnitin) and students will need to log into an online course management system (e.g. D2L) using network passwords to access course materials, assignments, quizzes and exams. Online quizzes and tests will include randomized questions, time limits for quizzes and exams as well as utilizing a “lock down” browser that restricts simultaneous web browsing (e.g. Respondus).

Interaction: The faculty member and students will communicate through email, discussion boards and chat functions associated with the online course management system utilized (e.g. D2L).

### **Model Syllabus (Part II)**

Please include the following information:

1. Course number and title: KSS 5307 – Sports Nutrition for the Athletic Trainer
2. Catalog description: Examination and analysis of applied content and research based nutritional guidelines to provide a clear understanding of how nutrition affects practice, competition and overall health of athletes.
3. Learning objectives:

LEARNING OBJECTIVE	GRADUATE LEARNING GOAL
1. Examine the role of nutrition in enhancing performance, preventing injury or illness & maintaining a healthy lifestyle	1,2
2. Evaluate contemporary nutritional intake recommendations	1,2
3. Evaluate the proper intake, sources of, and effects of micro & macronutrients on performance, health & disease	1,2
4. Examine nutritional principles that apply to tissue growth & repair	1,2
5. Evaluate & synthesize the principles & time factors associated with pre-activity, recovery & hydration practices	1,2,3,4
6. Examine nutritional needs for special athlete populations	1,2
7. Synthesis of evidence based research related to sports nutrition in athletic training	1,2,3,4

4. Course materials:

Spano, M., Kruskal, L., Thomas, T. *Nutrition for Sport, Exercise and Health*. Human Kinetics, 2017.

5. Weekly outline of content.

Online: Each week will be constructed on the assumption of a minimum of 100 minutes for synchronous and asynchronous online interaction through learning activities (threaded discussions, online assessments, etc) in addition to 200 minutes of reading, review, research and preparation on the part of the student.

WEEK	CONTENT	OBJECTIVE
Week 1	Optimizing Health & Well Being Throughout the Lifespan	1,4
Week 2	Energy Metabolism	1,4
Week 3	Role of Energy Yielding Macronutrients - Carbohydrates	2,3
Week 4	Role of Energy Yielding Macronutrients - Fats	2,3
Week 5	Role of Energy Yielding Macronutrients - Protein	2,3
Week 6	Role of Micronutrients, Water & Nutritional Supplements - Vitamins	2,3
Week 7	Role of Micronutrients, Water & Nutritional Supplements - Minerals	2,3
Week 8	Role of Micronutrients, Water & Nutritional Supplements – Water & Electrolytes	2,3
Week 9	Role of Micronutrients, Water & Nutritional Supplements – Supplements & Drugs	2,3
Week 10	Body Weight & Composition	2
Week 11	Nutrition for Aerobic Endurance	5
Week 12	Nutrition for Resistance Training	5
Week 13	Nutrition for Competition	5
Week 14	Special Nutrition Concerns	6
Week 15	Special Nutrition Concerns	6
Week 16	Final exam	1-7

6. Assignments and evaluation, including weights for final course grade.

Assignments (including but not limited to): (20%)

Threaded discussions

Interactive reading assignments

Research (including but not limited to): (20%)

Position statement analysis

EBP analysis of nutrition concerns for special populations

Assessments: (60%)  
Weekly quizzes  
Comprehensive midterm exam  
Comprehensive final exam

**7. Grading scale.**

A = 90-100% of total points  
B = 80-89% of total points  
C = 70-79% of total points  
D = 60-69% of total points  
F < 60% of total points

**8. Correlation of learning objectives to assignments and evaluation.**

OBJECTIVE	ASSIGNMENTS (20%)	RESEARCH (20%)	ASSESSMENTS (60%)
1	X		X
2	X		X
3	X		X
4	X		X
5	X	X	X
6	X		X
7	X	X	X

**Date approved by the department or school:** September 22, 2017

**Date approved by the college curriculum committee:**

**Date approved by the Honors Council (*if this is an honors course*):**

**Date approved by CAA:        CGS:**