



## MASTER COURSE OUTLINE

A. PHED 2272 Nutrition for Sport and Exercise

B. COURSE DESCRIPTION:

Sport nutrition combines the fields of nutrition and exercise physiology. Students will learn the effects of foods, beverages, and supplements and examine how they impact or hinder optimal performance in sport and exercise. How the body stores, replenishes and uses nutrients as energy for performance will also be covered.

**(2 Cr – 2 lect, 0 lab)**

C. \*Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Introduction to sports nutrition
- Fuel for muscles and exercise metabolism
- Defining and measuring energy
- Energy systems and exercise
- Role of fat, carbohydrate, protein and amino acids
- Fluid Balance, water and electrolytes
- Nutritional supplements
- Body composition and weight management

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
* <u>Critical Thinking</u>	Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. demonstrate ability to analyze and identify nutritional needs and apply for enhanced performance.

<u>CS</u>	understand the nutritional requirements for physical activity and the relationship between diet and training for optimum performance.	1. create an energy enhancing sport and/or exercise diet for peak performance.
<u>CS</u>	identify current controversies in sport nutrition regarding supplements and fluid intake.	1. research nutritional supplements and fluid intake related to exercise, compare results, and document findings.
<u>CS</u>	recognize special physiological demands of various levels of physical activity in relation to nutritional needs.	1. test on the different types of activities and the physiological demands placed on the body's systems for replacing energy stores.

#### G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

#### H. COURSE CODING INFORMATION:

Course Code A/Class Maximum 48; Letter Grade

Revision date: 09/01/16; 03/28/24

AASC Approval date: 09/20/16; 04/16/24

\*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

\*\*These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

<b>*Riverland Community College Core Themes</b>	<b>MnTC Goal Number</b>
Critical Thinking (CT)	<b>2</b>
Human Diversity (HD)	<b>7</b>
Global Perspective (GP)	<b>8</b>
Ethical and Civic Responsibility (EC)	<b>9</b>
People and the Environment (PE)	<b>10</b>

<b>**Riverland Community College Discipline Areas</b>	<b>MnTC Goal Number</b>
Communication (CM)	<b>1</b>
Natural Sciences (NS)	<b>3</b>
Mathematics/Logical Reasoning (MA)	<b>4</b>
History and the Social & Behavioral Sciences (SS)	<b>5</b>
Humanities and Fine Arts (HU)	<b>6</b>

Riverland