

Third Step: Make sure the word *DRAFT* is in yellow at the top of the proposal

Fourth Step: Click on "**EDIT CONTENTS**" (*not EDIT*) and start completing the template. When exiting or when done, click "**SAVE**" (*not Save Draft*) on bottom right

When ready to submit click on the workflow icon and hit approve. It will then move to the chair as the next step in the workflow.

**Indicates a required field*

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| Proposer* | Nicole Dann-Payne | Proposer Email* | Dann.Payne@iup.edu |
| Contact Person* | Nicole Dann-Payne | Contact Email* | Dann.Payne@iup.edu |
| Proposing Department/Unit* | Food and Nutrition | Contact Phone* | 724-357-3283 |

(A) Course Prefix* FDNT

(B) Course Number* *See the Registrar's List of Unavailable Course Numbers at <http://www.iup.edu/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=129323>*

445

(C) Course Title* Advanced Sports Nutrition

(D) Course Level* undergraduate-level

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| <p>How is/are the instructor (s) qualified in the Distance Education delivery method as well as the discipline?</p> | <p>Qualifications in Distance Education: Since the fall of 2010, Nicole Dann-Payne has regularly taught online courses at the undergraduate level (FDNT 213: Life Cycle Nutrition, FDNT 245: Sports Nutrition, FDNT 470: Human Food Consumption Patterns). Ms. Dann-Payne has designed courses for Moodle and Desire2Learn learning management systems. Additionally, Ms. Dann-Payne has been engaged in technology and distance education professional development through participation in workshops offered by IUP Technology Support, IUP Technology Day, and meetings/workshops offered by IUP Reflective Practice. She has worked with distance education specialists to develop online courses and will continue, as needed, to seek out assistance with the continued dynamics of distance education.</p> <p>Qualifications in the Discipline: Nicole Dann-Payne has a Master of Science in Food and Nutrition from Indiana University of Pennsylvania. She is a Registered Dietitian Nutritionist (RDN) and is licensed by the Commonwealth of Pennsylvania as a Licensed Dietitian Nutritionist (LDN). She joined the Department of Food and Nutrition in the fall of 2010 and ever since has served as a temporary faculty member. Uniquely, she holds a specialized board certification as a Certified Specialist Sports Dietitian (CSSD), which required being a RDN for two years, accruing 1500 sports nutrition practice hours, and passing a national board exam. Since the summer of 2013, she has served as the faculty coordinator of IUP's Sports Performance Nutrition Services, which provides IUP's collegiate athletes, coaches, athletic trainers, along with any departments seeking sports nutrition education and/or sports nutrition counseling. Since 2013, she has also taught FDNT 245: Sports Nutrition both online and face-to-face receiving positive student evaluations. She has also been requested to speak and present on various sports nutrition topics to the following groups: Athletic Trainers of the Allegheny Mountain Sports Medicine Foundation, IUP Athletic Training Education Program's Sports Medicine Update, along with numerous regional high school and collegiate athletic teams, including Millersville University Cross Country and Track and Field program. For the last 3 years, she has also taught as a guest lecturer teaching various sports nutrition concepts in IUP's KHSS 143: Physical Well-Being and KHSS 492: Health and Fitness Instruction.</p> <p>In addition to teaching at IUP, she is and has been a high school assistant cross country and track and field coach for over 10 years, recently coaching her girl's cross country team to a state championship title. She is and has been an outpatient dietitian and Certified Health and Wellness Coach (CHWC) for Indiana Regional Medical Center (IRMC) for over 2 years. Ms. Dann-Payne offers sports nutrition services through IRMC's Institute for Healthy Living, where recently she provided sports nutrition guidance to a swimmer who successful swam across Lake Erie this past summer of 2018. She is also a member of Collegiate and Professional Sports Dietitians Association (CPSDA), the Academy of Nutrition and Dietetics, along the Academy's dietetic practice group, Sports, Cardiovascular and Wellness Nutrition (SCAN).</p> |
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| <p>How will the instructor-student and student-student interaction take place? (if applicable)</p> | <p>Methods of communication and interaction may include LMS communication tools (e.g. discussion forums, e-mail, chats), videoconferencing programs (eg. Skype or Zoom), telephone, postal mail, IUP e-mail, and/or online and traditional on-campus office hour appointments. IUP e-mail will be used for private communications between instructor and students, as well as any private communications the students may desire among one another.</p> <p>Student-to-student interaction will be fostered through group work such as when students are assigned to work with peers on a project or a discussion, students will be encouraged to collaborate online using for example, Google Docs or Wiki and chat rooms or discussion boards will be available for students to use.</p> <p>Instructor-to-student and student-to-student/instructor communication will occur using many of the LMS features. Additionally, the LMS features provide a method to organize and coordinate the delivery of course content. The following LMS features to be used include: the calendar, checklist and news feature, discussion forums, the assignment drop-box, quizzes, chat and conferencing.</p> <ul style="list-style-type: none"> • Calendar and Checklist- The instructor will provide specific assignment due dates and announce instructor availability for office hours. • News- In addition to using the calendar feature, the instructor will use the news feature to announce upcoming events of relevance to the course topics (e.g. current events, recent journal articles, professional listserv discussion topics, etc.) • Discussion forums- The discussion forums will consist of areas for discussion of course topics, frequently asked questions related to the course and an area of informal student discussion. • Assignment drop-box- Students will submit many course assignments using the assignment drop-box. The instructor will use this tool to grade student assignments and provide individualized feedback. • Quizzes- The instructor will use this feature to quiz students after each module by means of multiple choice, true/false, short answer and essay questions. • Web conferencing- The instructor will use conferencing sessions (using Skype or Zoom) to discuss course material with students. The instructor may use Skype or FaceTime in order to discuss or meet with students. • Chat- Both instructor-to-student and student-to-student discussion may occur using the chat feature |
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How will student achievement be evaluated?

The following evaluation methods will be used, making a total of 100% of the final course grade:

- **Guided Reading Assignment and Discussion (15%)**- Current research articles and critiques related to current sports nutrition strategies, such as periodized sports nutrition, will serve as application examples to foster understanding and critical thinking ability with respect to metabolic and training adaptations and impact on athletic performance . The instructor will select specific research articles and other appropriate resources, such as textbook selections, for each unique sports nutrition strategy. Individually, each student will be assigned to review a specific sports nutrition strategy where students will be required to review the instructor selected research articles and resources. Using the LMS discussion forum, the instructor will split students up into small groups to facilitate discussion regarding the assigned sports nutrition strategy and assigned research articles. Students will be required to summarize the metabolic and training adaptations associated with the assigned sports nutrition strategy and report on the impact related to athletic performance. Students will be required to review peer responses and compare and contrast sports nutrition strategies. An evaluation rubric will be used to assess students ability to summarize the assigned readings, address research limitations, pose questions that stimulate critical thinking, answer student posed questions, timeliness of responses, and ability to make connections to assigned readings and any additional course material.
- **Quizzes (20%)**- For each module presented in the course, a quiz will be administered to assess student knowledge and application ability. Quizzes will include multiple-choice, true/false, matching and short-answer questions, all of which can be scored by computer, providing immediate feedback. Some questions may be short essay, which will be manually graded by the instructor. Approximately 6 quizzes will be administered.
- **Case Study Scenarios (25%)**- Students will receive various case study scenarios related to special athlete populations and life cycle stages. Individually, students will address case study questions and will be encouraged to apply concepts presented in course materials, such as assigned readings, research articles, videos, and online resources. Students will be evaluated on their ability to apply evidence-based information to practice, along with their ability to problem-solve and think creatively and critically.
- **Report Assignments and Discussions (40%)**- Students will be required to develop evaluation papers and Discussion reports.

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