

CWRU Action Form for Majors/Minors/Programs/Sequences/Degrees
(instructions on back)

Docket # _____

College/School: School of Medicine
Department: Nutrition

PROPOSED: major
 minor
 program
 sequence
 degree

TITLE: Sports Nutrition Minor

EFFECTIVE: Spring (semester) 2016 (year)

DESCRIPTION:

- NTRN 201 Nutrition (3 cr.)
- NTRN 361 Energy Dysregulation: From Obesity to Anorexia (3 cr.)
- NTRN 362 Exercise Physiology and Macronutrient Metabolism (3 cr.)
- NTRN 388 Seminar in SPDRTS NUTRITION (3 cr)
- NTRN Elective 300-Level (3 cr.)

This new minor program (15 cr. hrs. total) will meet the unique needs and interests of nutrition students who are specifically seeking more detailed information related to the interplay between nutrition and sports; that is, this minor program includes information specifically tailored for students in the areas of macronutrient utilization and micro-nutrients cofactors, including vitamins, and trace and ultra-trace minerals, and the effects on sports performance, body composition, and related health issues.

During the past few years, there has been a sustained and increasing level of nutrition student interest as exhibited by more than ~20 students per year asking for such a minor program. This includes undergraduate students who are nutrition majors and other students who are non-nutrition majors, as well as transfer students and other prospective students. Note: NTRN 362 is used because it is unique in terms of its content related to exercise physiology and macronutrient metabolism; use of the existing exercise physiology course in the athletics department is not realistic for our students due to the number of required lab time hours.

No other minor program at CWRU delves into the details this new minor program offers, especially in regards to the areas of macronutrient utilization and micro-nutrients cofactors, including vitamins, and trace and ultra-trace minerals, and the effects on sports performance, body composition, and related health issues. Further, this new minor program, which includes unique guidance from nutrition faculty, will, among written, oral, and other assignments, involve guided review of current and pertinent literature. Further, nutrition students completing this new minor will be at the forefront of their peers in this area of study.

Is this major/minor/program/sequence/degree: new
 modification
 replacement

If modification or replacement please elaborate: N/A

Does this change in major/minor/program/sequence/degree involve other departments? Yes No

If yes, which departments? _____

Contact person/committee: James Arain 8/26/2015

SIGNATURES: _____ DATE _____

Department Curriculum Chair(s)/Program Directors: _____

Department Chair: [Signature] 8/27/15

College/School Curriculum Committee Chair: _____

College/School Dean(s): _____

UUF Curriculum Committee Chair: _____

File copy sent to: Registrar Office of Undergraduate Studies/Graduate Studies
 Other: _____



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February 27, 2016

Roy Ritzmann, PhD
Chair, Faculty Senate
c/o Rebecca Weiss, Secretary of the University Faculty
Adelbert Hall
7001

Dear Dr. Ritzmann:

As noted in the accompanying memo from Dr. Bill Schilling, Chair of the School of Medicine's Faculty Council, the Faculty Council has recommended approval of a new undergraduate minor in Sports Nutrition.

This new minor will meet the needs of our undergraduate students interested in the dietary components influencing physical activity and sports performance. There has been a substantial and sustained student interest in creating this minor. The courses will continue to be taught by our expert faculty and the students will possess a solid foundation in this area if they choose to continue their studies in graduate or professional school. The department and faculty have experience with the management and education of undergraduate programs.

The proposal approval process is outlined in Dr. Schilling's memo. An ad hoc Committee was convened to review this new program and after revisions, the program was approved by the Faculty Council. I concur with the Faculty of Medicine and recommend approval of this graduate certificate program.

Please submit the proposed Minor in Sports Nutrition to the appropriate committees for their review at their earliest opportunity. I would be pleased to answer any questions that might arise during the review process.

Thank you.

Sincerely,

Pamela B. Davis, MD, PhD

c: Dr. Bill Schilling, Chair, Faculty Council
Nicole Deming, Assistant Dean for Faculty Affairs and Human Resources, SOM

enclosures

Memorandum

To: Pamela B. Davis, MD, PhD
Dean, School of Medicine
Case Western Reserve University

From: William Schilling, PhD
Chair, Faculty Council

Re: Maternal and Child Nutrition Certificate

Date: February 23, 2016

At its December 21, 2015, meeting, the Faculty Council voted to recommend approval of a Minor in Sports Nutrition proposal. The minor will be offered by the Department of Nutrition in the School of Medicine.

In accordance with our SOM practices, an ad hoc committee composed of members of the Faculty Council Steering Committee, Graduate Directors, the SOM members of the Faculty Senate's Committee on Graduate Programs, the Associate Dean for Graduate Education and members from the undergraduate degree programs (Nutrition and Biochemistry) was created to review the program proposal. The ad hoc committee was chaired by Nicholas Ziats and met with Hope Barkoukis, Interim Chair of Nutrition. The ad hoc committee reviewed the document, discussed the proposal, and engaged with the program presenter. After the meeting was concluded a summary of changes was created. These changes were adopted and the revised proposal was circulated to the ad hoc committee for a vote. The ad hoc committee approved the reviewed proposal and it was sent to the Faculty Council for a vote.

After your review, I hope you will join me in recommending approval of the proposal for an undergraduate minor in Sports Nutrition by the Faculty Senate and Board of Trustees as required by the Faculty Handbook. This new minor will also require approval by the Ohio Board of Regents.

Please let me know if I can provide any additional information.

Thank you for your consideration.

Sincerely,



William P. Schilling, Ph.D.
Faculty Council Chair
Professor of Physiology and Biophysics
Case Western Reserve University School of Medicine

cc: Nicole Deming, JD, MA

Additional information to support new sports nutrition minor

PAF initially submitted 8/27/15 to Nicholas Ziats by James Swain

From: Department of Nutrition

- I. The following information was presented on the original PAF as submitted this past August, 2015:

Required courses for the sports nutrition minor:

NTRN 201: Nutrition (3 credits)

NTRN 361: Energy Dysregulation: From Obesity to Anorexia (3 credit hours)

NTRN 362: Exercise Physiology and Macronutrient Metabolism (3 credit hours)

NTRN 388: Seminar in Sports Nutrition (3 credit hours)

NTRN elective: (3 credit hours)

Re: Narrative to new questions related to sports nutrition minor request for approval

- II. Additional information per the October 1 request:

Rationale for this new minor:

- 1) Healthy People 2020 is a federal initiative which identifies 10 year national goals for the United States to improve the health of all Americans. In Healthy People 2020, certain target areas have been identified as high priority issues. Identified as one of the 42 high priority topic areas is the one called, "Nutrition, Physical Activity and Obesity". Specifically, this initiative indicates that 35.3% of adults age 20 and older are obese, and in those aged 2 to 19, 16.5% are obese. Therefore, the collective competencies and skills students will learn secondary to completion of this minor will help them advance and understand sound nutrition and physical activity principles to promote health at the level of the individual, in congruence with preparing students to meet the needs of this federal initiative. Students who continue post bachelor degree to employment in related health care or government arenas and/ or pursue graduate and professional degrees, (especially those in pre-health), may have the opportunity to propel these competencies to advance health at the level of the community, institutional and potentially professional levels.
- 2) The reason that the Nutrition Dept. created the exercise physiology course (NTRN 362) as an important complement to our curricular offerings and to be part of this minor. No other such course is in existence on this campus intertwining nutrition, exercise physiology and an advanced understanding of the science & research behind nutrition for performance and

activity. In particular, the athletics course in exercise physiology does not include nutrition principles intertwined into the syllabus. Additionally, that course (from athletics) includes a mandatory comprehensive set of practice hours devoted to working with the various sports teams here. The nutrition department did communicate with athletics to determine if their specific exercise physiology course could accommodate more students and we were told that it could not. And, it is highly likely that many of our interested students would be able to take the exercise physiology course from the athletics department due to the concurrent requirement of the practice component. Hence, the creation of this sports nutrition minor as well as that NTRN 362 course. Thus, the take away message is that this is a unique opportunity for our undergraduate students, requiring no additional faculty expertise, nor course development, and congruent with the overall effort to increase the health and well-being of students.

- 3) This new minor will meet the needs and interests of undergraduate students who are specifically seeking an advanced understanding of the core principles in nutrition as it relates to energy balance and physical activity. They will begin by learning about how dietary components influence maintenance of energy balance, impact physical activity, sports performance, body composition, skeletal muscle and bone health, as well as overall health and well-being throughout the life-cycle. By the time they complete this core of 15 credits, they will appreciate the interrelationship of food habits and dietary patterns to physical activity, energy balance and health maintenance.
- 4) During the past three years there has been a strong and sustained interest by our own nutrition students asking for the creation of such a minor. These include students who are unable to take the full complement of courses to become a nutrition major, as well as those who are interested in these particular domains of science.
- 5) There is no other minor program available like this currently at CWRU, despite the fact we do have a sports medicine minor.
- 6) There is no other parallel minor available for undergraduate students within the regional Cleveland area.

Why is this new sports nutrition minor an appropriate addition to the set of offerings for undergraduates?

- 1) All of these courses in the nutrition department are currently in existence, taught by faculty who are experts in these respective areas of focus. Therefore, we are simply expanding the visibility of these unique offerings to students by 'packaging' them into an official minor in sports nutrition;
- 2) This minor will also uniquely position students to demonstrate more competency in a particular area of health priority (as explained previously) such that this may in fact be advantageous in

future employment, research opportunities, or even the pursuit of post bachelor degrees in health care professions.

- 3) The CWRU campus is also uniquely set within the geographical space of University Hospitals. Many of our students do volunteer work at UH in various capacities. Ultimately, many of our graduate students get hired by University Hospitals as well. Behind the scenes, in the recent past, UH has bought the medical rights to caring for the pro football team, the Browns. Current plans are to create a sports institute on this campus. This minor would position these students with foundational knowledge and skills to perhaps identify an area of interest that propels them to consider graduate school and professional school with a focus on these areas of high demand and/or to be hired at UH in various capacities.
- 4) There may also be increased research opportunities for them given their very unique didactic competencies, the government's focus with NIH funding related to obesity, and researchers in the greater Cleveland area.

How will this new minor impact courses offered and the faculty required to teach these courses:

- 1) Courses are currently in existence. Therefore there would be no negative impact on current course offerings;
- 2) Courses are taught by faculty with expertise in these areas. Therefore, there would be no negative impact on current faculty load. The faculty currently teaches these courses as part of their standard academic duties.
- 3) If in fact, the demand became extremely robust, we would happily accommodate this by offering additional sections of the respective courses.

How is this new minor different from existing minors?

- 1) The current 'straight' nutrition minor is in existence to meet a broad spectrum of competencies within the entire domain of nutrition. This minor is very satisfactory for the student who wishes a generalized background of information in nutrition, but perhaps is not interested in this particular focus of sports nutrition. We see these two minors as two distinct opportunities for students to meet the varied interests of undergraduate students at this University.
- 2) The current minor of sports medicine does not currently require any nutrition courses at all. Therefore there is no overlap in the two offerings. However, having stated this, we could indeed envision students in one minor being very interested in this other minor as well, as they do complement each other.
- 3) Students who have declared one of the four Nutrition majors (BA – NTRN, BS- NTRN, BA- NBM, or BS- NBM) can declare the Minor in Sports Nutrition but no more than 2 courses (6 credits) can count towards both the major and the minor. NTRN 201 (3 credits) is required for all of the four majors and the Minor in Sport Nutrition. It would be the first course to count towards both the

major and the minor. Therefore, of the other required courses for the minor, only one of those (at 3 credits) could “double-count” as an elective for the major.

How is the Minor in Sports Nutrition minor different from the Minor in Nutrition?

Students may earn only one of these minors.

The goal of the Minor in Nutrition is to provide a broad base and general knowledge of food science, basic nutrition, lifecycle nutrition, cultural differences around food, and governmental regulations and programs regarding food and nutrition.

Required courses for a Minor in Nutrition:

NTRN 201 Nutrition (3 credits)

NTRN 328 Child Nutrition, Development and Health (3 credits)

NTRN 342 Food Science (3 credits)

NTRN 343 Dietary Patterns (3 credits)

Three credits selected from the following courses

NTRN 351 Food Service Systems Management

NTRN 361 Energy Dysregulation: From Obesity to Anorexia-

NTRN 363 Human Nutrition I: Energy, Protein, Minerals

NTRN 364 Human Nutrition II: Vitamins

NTRN 365 Nutrition for the Prevention and Management of Disease: Pathophysiology

NTRN 366 Nutrition for the Prevention and Management of Disease: Clinical Applications

NTRN 388 Seminar in Sports Nutrition

The goal of the Minor in Sports Nutrition is to provide specific knowledge and learning experiences in the area of Sports Nutrition, energy balance and regulation.

Required courses for a Minor in Sports Nutrition:

NTRN 201 Nutrition

NTRN 361 Energy Dysregulation: From Obesity to Anorexia.

NTRN 362 Exercise Physiology and Macronutrient Metabolism

NTRN 388 Seminar in Sports Nutrition

One elective at the 300 level

Both minors require the introductory course NTRN 201 which provides basic knowledge about the nutrients, how nutrient needs change throughout the lifecycle, food safety, and nutrition recommendations for healthy people. This course is a pre-requisite for all other courses in both minors except for NTRN 342 – Food Science (which has CHEM 105 as a pre-req.)

Other than NTRN 201, the only course that is specifically included in both minors is NTRN 388 – Seminar in Sports Nutrition. This course is an elective for the Minor in Nutrition and is a required course for the Minor in Sports Nutrition.

The one 300 level elective course in the Minor in Sports Nutrition could be one of the courses listed for the Minor in Nutrition or another course of the student's choosing such as NTRN 371 – Special Problems or NTRN 390 – Undergraduate Research where students in this minor could work with Nutrition faculty on a research project that is focused on sports nutrition. For example, we currently have several undergraduate students who are working with Dr. Lynn Kam on a project titled: "Metabolic Activity Patterns in Overweight/Obese Adults in a Physical Activity Weight Loss Program".