

# HELH-109: SPORT NUTRITION & WEIGHT MANAGEMENT

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## Justification for this inactivation request

Course has not been offered in over three years.

## Effective Term

Fall 2026

## CC Approval

10/03/2025

## AS Approval

10/09/2025

## BOT Approval

10/16/2025

## COCI Approval

02/23/2026

## SECTION A - Course Data Elements

### 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

### 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

## 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	

**Online Adaptation**

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Journal	
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

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## SECTION G - Diversity, Equity and Inclusivity

### Course Codes (Admin Only)

#### 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