UTAH SYSTEM OF HIGHER EDUCATION
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September 7, 2016

MEMORANDUM

TO: State Board of Regents

FROM: David L. Buhler

SUBJECT: Weber State University – Bachelor of Science in Nutrition Education with Emphases in Integrative Nutrition and Sports Nutrition

Issue

Weber State University (WSU) requests approval to offer a Bachelor of Science (BS) in Nutrition Education with Emphases in Integrative Nutrition and Sports Nutrition effective in fall 2017. The institutional Board of Trustees approved the degree on May 3, 2016.

Background

The proposed BS in Nutrition Education is designed to prepare graduates for employment in an integrative nutrition field or graduate study in nutrition and other health-related fields. The 120-credit-hour degree includes a 17-credit-hour core, plus an emphasis in Integrative Nutrition and/or Sports Nutrition, for a total of 60 credit hours in the Nutrition Education major. The Integrative Nutrition emphasis deals with the intersection of nutrition with related fields to support individual and group health and well-being, and could lead directly to employment upon completion of the BS degree. The Sports Nutrition emphasis includes courses in anatomy, chemistry, nutrition, physiology, and related subjects to prepare students for subsequent graduate study and eventual employment in positions such as Registered Dietician Nutritionist (RDN) and Board Certified Specialist in Sports Dietetics, among many other possibilities.

While other Utah System of Higher Education (USHE) institutions offer degrees in Nutrition, the proposed BS in Nutrition Education at WSU is unique with its emphases in Integrative Nutrition and Sports Nutrition. While some graduates of the proposed BS degree would proceed directly into graduate programs, the WSU proposal points to good employment and salary prospects for non-RDN dieticians and nutritionists with baccalaureate degrees. In a survey of WSU students enrolled in athletic training and nutrition courses, 51 of 236 respondents indicated they were "very likely" to select nutrition as a major if it existed at WSU. Current offerings in nutrition at WSU are such that only two new courses would need to be developed for the proposed BS in Nutrition Education, with no additional nutrition faculty needed.

Policy Issues

The proposed degree has been developed and reviewed in accordance with processes established by Weber State University and the Board of Regents. The USHE Chief Academic Officers and appropriate faculty at other USHE institutions reviewed Weber State University's request to offer a BS in Nutrition

Education and provided feedback that included statements of support, as well as some questions and concerns. WSU responded promptly with responses and revisions, and there was subsequent support to advance the proposal. There are no additional policy issues relative to approval of this program.

Commissioner's Recommendation

The Commissioner recommends the Regents approve the request by Weber State University to offer a Bachelor of Science in Nutrition Education with Emphases in Integrative Nutrition and Sports Nutrition.

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David L. Buhler
Commissioner of Higher Education

DLB/GVB
Attachment

Utah System of Higher Education
Program Description - Full Template

Section I: The Request

Weber State University requests approval to offer the following Baccalaureate degree(s): Nutrition Education effective Fall 2017. This program was approved by the institional Board of Trustees on 05/03/2016.

Section II: Program Proposal

Program Description

Present a complete, formal program description.

The Nutrition Education program has the dual purposes of preparing students for graduate study in nutrition or a closely-related field or for employment in an integrative nutrition field. The Sports Nutrition Educator graduate will have demonstrated competence and knowledge in chemistry, anatomy, physiology, diet analysis and design, sports and fitness nutrition, diet therapy, lifespan nutrition, advanced nutrition principles, research, and related exercise science topics with cultural application and sensitivity for individuals and athletes. Information is provided for graduate Registered Dietitian Nutritionist (RDN) program prerequisites or graduate study in Athletic Training at WSU. Integrative nutrition includes nutrition as it intersects with other related fields to support health and well-being of individuals and groups. The Integrative Nutrition Educator graduate will have demonstrated competence and knowledge in diet analysis and design, fitness nutrition, lifespan nutrition, sustainable cooking, and related exercise science, health, child and family studies, botany, physical education, recreation, and/or psychology topics with cultural application and sensitivity.

Consistency with Institutional Mission

Explain how the program is consistent with the institution's Regents-approved mission, roles, and goals. Institutional mission and roles may be found at higheredutah.org/policies/policyr312/ .

This Nutrition Education program proposal is consistent with WSU's mission, roles, and goals. It is an undergraduate program supported by four qualified faculty members. The curriculum is focused on learning through personalized experiences and shared inquiry, includes community engagement components, seeks to provide access and opportunity, promotes successful timely graduation, and includes multicultural content in line with the institution's mission for respect for people and ideas and nurturing the potential within every individual.

Section III: Needs Assessment

Program Rationale

Describe the institutional procedures used to arrive at a decision to offer the program. Briefly indicate why such a program should be initiated. State how the institution and the USHE benefit by offering the proposed program.

By approving this program, students will have an opportunity to pursue a Bachelor of Science degree in Nutrition Education at WSU. With the recent change of the Human Performance Management major to Exercise and Sport Science (ESS), many nutrition courses were removed from the ESS major. Thus, students interested in nutrition do not currently have a good option at WSU. WSU students have indicated interest in a major with a nutrition focus, and this new major will meet that need. With the movement of the Commission on Accreditation of Athletic Training Education (CAATE) to require Athletic Training certification at the master's degree level, and thus the phase out of the Bachelor of Science in Athletic Training, WSU would be able to use the sports nutrition track to attract students to WSU for the bachelor's degree and possibly retain them for the master's degree in Athletic Training. Through advisement, students would be given the option of completing the undergraduate Athletic Therapy major degree option, which has limited nutrition courses, or this Nutrition Education major for those students wishing to focus more on nutrition.

The integrative nutrition track will appeal to a wide variety of students, while the sports nutrition track with help those students

interested in graduate school and/or becoming an RDN and eventually CSSD.

The addition of this program will enable WSU to retain students interested in integrating nutrition with other related fields and attract students to WSU for a unique undergraduate degree in Nutrition Education. WSU Nutrition Education graduates will be poised for a variety of employment opportunities and for further graduate study at WSU (such as in Athletic Training), the University of Utah, Southern Utah University, or other institutions across the nation.

Labor Market Demand

Provide local, state, and/or national labor market data that speak to the need for this program. Occupational demand, wage, and number of annual openings information may be found at sources such as Utah DWS Occupation Information Data Viewer (jobs.utah.gov/jsp/wi/utalmis/gotoOccinfo.do) and the Occupation Outlook Handbook (www.bls.gov/oco).

The Nutrition Education major program prepares students for non-Registered Dietitian Nutritionist (RDN) job outcomes such as: nutrition educator for the community, non-profit organizations, and in culinary arts; long-term care or skilled nursing facility diet aide; government programs like women infants children (WIC) nutritionist; national school lunch program (NSLP); supplemental nutrition assistance program (SNAP, formerly food stamps); school food service director; dietary supervisor; health food store management; medical/aesthetic/pharmaceutical/food manufacturer company sales representative; quality control supervisor in food processing; nutritional professional website developer; food-related company brand ambassador; nutrition journalist; social media writer; Peace Corps worker; nutrition and/or wellness coach; restaurant consultant for food labeling/menu analysis; consumer advocate; public health official; food buyer; food distributor; food and drug inspector; food technologist; information specialist; chef; food bank; anti-poverty organizations; community garden and food security associations; trade groups for commodities; health advocacy organizations (preventing heart disease, cancer, diabetes, osteoporosis, etc); and others.

Private and non-profit organizations that employ individuals with nutrition degrees include: research laboratories, athletic and health clubs, sports teams, food distributors, grocers, manufacturers, and service companies and associations, public relations, marketing and consulting firms, medical and wellness centers, hospitals and clinics, school systems, private practice, colleges and universities, pharmaceutical and sales companies, publishers, day care centers, summer camps, government entities (Army, Navy, Air Force, NASA, Peace Crops, VISTA, WIC, Head Start, USDA, etc.), and others.

Review of the job market indicates that Dietitians and Nutritionists with a bachelor's degree earn a median salary of $57,910 per year, and the 2014-2024 job outlook is increasing at a rate of 16% (much faster than the national average; Bureau of Labor and Statistics, 2015). Non-RDN jobs are available (www.sneb.org/clientuploads/directory/Documents/SNEB-nutrition-educator-competencies.pdf and nutrition.wvu.edu/r/download/167783). Recently, the Commission on Dietetic Practice (the credentialing agency for the Academy of Nutrition and Dietetics) approved a change in the entry-level registration eligibility education requirements for dietitians from a baccalaureate degree to a minimum of a graduate degree. This change will take effect in 2024. Therefore, it likely that in the future more students may pursue their RDN at the master's level.

The WSU nutrition faculty members do not foresee additional changes in the labor market demand affecting the program since the options for employment and post-graduate study are very diverse. Graduates of the program will be tracked by acquiring program feedback and job placement information. WSU recognizes the range and diversity of the various job opportunities available locally and nationally for its graduates. The range and options available for both careers and graduate school programs will be accurately presented to students. WSU also intends to engage integrative nutrition students in field experience and build relationships with employers.

Further, the Nutrition Education major program prepares students for graduate school to pursue advanced degrees which would require the completion of post-graduate programs of several (2-5) years in areas such as Registered Dietitian Nutritionist (RDN), Athletic Trainer (AT), Health Promotion, Public Health, Physician Assistant (PA), Doctor of Pharmacy (PharmD), Medical Doctor (MD), Doctor Osteopathic Medicine (DO), Doctor of Dentistry (DDS), Professor or Nutrition Scientists (PhD), and others.

WSU routinely conducts a graduation survey. Responses from graduates of all colleges from 2011-2016 to the question “Do

you plan to attend graduate school?" were 82% (8,211 responses) no and 18% (1,803) yes. The percentage of yes responses increased to 23.7% in education and 37.3% in science. Based on this information, an estimated ~25-35% of Nutrition Education bachelor's degree recipients will pursue a graduate degree.

Student Demand

Provide evidence of student interest and demand that supports potential program enrollment. Use Appendix D to project five years' enrollments and graduates. Note: If the proposed program is an expansion of an existing program, present several years enrollment trends by headcount and/or by student credit hours that justify expansion.

Students routinely ask why WSU does not have a nutrition major. The nutrition faculty members and the academic advisors have referred students to other majors with nutrition content included. With the recent redesign of the Human Performance Management major the students interested in an integrated bachelor's degree with nutrition content will not have a relevant major at WSU. The nutrition program recently conducted an anonymous survey of all students enrolled in courses in Athletic Training and Nutrition during the spring of 2016 to determine student interest in the nutrition education proposed major. The survey results can be accessed online at: http://www.weber.edu/nutrition/curriculum.html. The quantitative and qualitative results are summarized here.

There were 236 survey respondents. The results of the survey indicated strong student interest in the proposed major. There was equal interest in each of the proposed emphasis areas: Sports Nutrition and Integrated Nutrition. Questions 1-7 provided quantitative data. Question 1 asked, "How likely are you to select nutrition as your major if that major existed at WSU?" The results showed that 51 students reported very likely and 47 students reported somewhat likely. Question 2 asked, "How likely is someone you know to select nutrition as their major if that major existed at WSU?" The results showed that 54 students reported very likely and 61 students reported somewhat likely. The combination of these two responses indicate strong interest and support for the major. Questions 3 and 4 asked about what students wanted and expected out of a Nutrition major at WSU. The majority of responses indicated Sports Nutrition and Integrative Nutrition with interests also in culinary arts, lifespan nutrition, and graduate school preparation in a health science related field. In questions 5-7, students were asked about how they perceived the major would prepare them for graduate school, for non-registered dietitian nutritionist (RDN) jobs, and for private and nonprofit sector employment by disclosing detailed information about each of these areas within the question text. There was overwhelming positive feedback about student confidence in being prepared in these areas (97.33%, 95.48%, and 96.8%, respectively). Questions 8-10 asked students to comment on what they like about or if they had suggestions for the proposed major courses and tracks, and gave them an opportunity to ask questions about the proposed major.

The qualitative data from questions 8-10 support the quantitative data from questions 1-7. Selective student responses are shown below and the full survey report is available upon request.

Question 8 selective responses:
1. I love that this may be an option. I was going to switch schools to pursue a career in one of these fields. If Weber had this option, I would not have to move schools.
2. I really like them! I feel like sports nutrition would be awesome!! That is for sure what I'd want to major in if it were available at Weber State.
3. Looks great! What a plethora of awesome information that is so very important today with several national and international health epidemics associated with nutrition and healthy lifestyles or the lack thereof. For example, diabetes, obesity, heart disease, etc. If this degree could be offered online, even better. I would personally switch my major to it right now!
4. Many classes interest me and I have already done some. I would love to see a major like this come out and come out very soon!
5. Seems very well thought out to be able to continue into a grad program or Pursue a RD

Question 9 selective responses:
1. Create a track that is available 100% online!
2. I think we should make them both available at Weber State.

3. Offer all nutrition classes in class as well as online
4. They look fabulous, I wish that a nutrition major was offered years ago.
5. Provide a couple of credit hours worth of interning.

Question 10 selective responses:
1. Are there scholarships for this major? When is this major available?
2. How long will the program take to complete?
3. If this nutrition major is accepted, when would it be available?
4. Is this only going to be an undergraduate program?
5. What percent of the major courses are available online?

The combination of years of student inquiry, the survey results, and the in-person and email inquiries about the potential for the new major after the survey was administered suggest that there is strong student interest and demand sufficient to support the potential program enrollment and augment the already successful nutrition minor enrollment.

Similar Programs

Are similar programs offered elsewhere in the USHE, the state, or Intermountain Region? If yes, identify the existing program(s) and cite justifications for why the Regents should approve another program of this type. How does the proposed program differ from or compliment similar program(s)?

There are no similar undergraduate Nutrition Education Bachelor of Science degrees with emphases in Integrative Nutrition or Sports Nutrition offered in the State or Intermountain Region. The University of Utah offers a Nutrition minor at the undergraduate level and a Master of Science in Nutrition (Nutrition Science or Coordinated Master's program which prepares students to be RDN eligible). Utah State University offers a Bachelor of Science degree in Nutrition, Dietetics, and Food Science (in the College of Agriculture and Applied Sciences) which allows graduates to be RDN eligible. Southern Utah University offers a Bachelor of Science degree in Human Nutrition with Pre-Dietetics and Allied Health emphasis areas (in the College of Science and Engineering), but without the sports nutrition emphasis. No institution in Utah offers Integrative or Sports Nutrition.

Collaboration with and Impact on Other USHE Institutions

Indicate if the program will be delivered outside of designated service area; provide justification. Service areas are defined in higheredutah.org/policies/policyr315/ . Assess the impact the new program will have on other USHE institutions. Describe any discussions with other institutions pertaining to this program. Include any collaborative efforts that may have been proposed.

There are no similar Nutrition Education Bachelor of Science degrees with emphases in Integrative Nutrition or Sports Nutrition offered in the USHE system. WSU faculty have had discussions with other USHE institutions. Two general concerns related to employment and preparation for graduate school programs were communicated. WSU has addressed the concerns and revised the proposal. WSU does not foresee any negative impact on the other USHE institutions due to different student populations and/or different USHE nutrition program missions. It is anticipated that WSU will provide qualified students through the Sports Nutrition track for the Coordinated Masters RDN program at the University of Utah.

External Review and Accreditation

Indicate whether external consultants or, for a career and technical education program, program advisory committee were involved in the development of the proposed program. List the members of the external consultants or advisory committee and briefly describe their activities. If the program will seek special professional accreditation, project anticipated costs and a date for accreditation review.

No external consultants were involved in the development of the proposed program. No special professional accreditation will be sought for this program since it is a non-RDN degree, which is intended to ensure it does not duplicate the undergraduate program at Utah State University.

Section IV: Program Details

Graduation Standards and Number of Credits

Provide graduation standards. Provide justification if number of credit or clock hours exceeds credit limit for this program type described in R401-3.11, which can be found at higheredutah.org/policies/R401.

A total of 120 credit hours is required for graduation, with a total of 60 credit hours for this major. This includes 12-17 credit hours of required general education courses. A total of 40 upper-division credit hours are required for graduation, with 29 or 30 upper-division hours possible within the required courses for the major emphasis options.

Admission Requirements

List admission requirements specific to the proposed program.

Admission Requirements: Make application with the ATN Department and declare the program of study.
Program Prerequisites: Not required.

Curriculum and Degree Map

Use the tables in Appendix A to provide a list of courses and Appendix B to provide a program Degree Map, also referred to as a graduation plan.

Section V: Institution, Faculty, and Staff Support

Institutional Readiness

How do existing administrative structures support the proposed program? Identify new organizational structures that may be needed to deliver the program. Will the proposed program impact the delivery of undergraduate and/or lower-division education? If yes, how?

Nutrition courses have been offered at WSU for over 20 years to support a Nutrition Education minor, BIS emphasis, or fulfill multiple course requirements in the previous Human Performance Management (HPM) major. Because of the HPM major revision to Exercise and Sport Science, the nutrition faculty in the ATN department are set to be able to continue to effectively deliver undergraduate upper and lower division courses required for this proposed major and meet the Nutrition Education minor and BIS emphasis demands. No new organizational structures are needed. There will be no impact on the delivery of existing curriculum. The major courses will integrate seamlessly with the minor and BIS emphasis courses.

Faculty

Describe faculty development activities that will support this program. Will existing faculty/instructions, including teaching/ graduate assistants, be sufficient to instruct the program or will additional faculty be recruited? If needed, provide plans and resources to secure qualified faculty. Use Appendix C to provide detail on faculty profiles and new hires.

There is no current need for additional nutrition faculty members. The program does not foresee a need for additional faculty members in the next five years either. The nutrition program has four full-time faculty members, all with PhDs in nutrition; three are tenured full professors, and one is a tenure-track assistant professor. Because of the diversity of interests and expertise of the current nutrition faculty members, the nutrition faculty are prepared and able to expand from a minor and BIS emphasis to a major. Only two new courses (advanced human nutrition and senior seminar) totaling 4 credit hours are proposed for the nutrition major. Nutrition courses will continue to be offered as they have been with some seats being taken by nutrition education majors rather than the previous human performance management majors. Some students pursuing a nutrition minor may change to pursue a nutrition major instead. Course offerings may be aligned by fall, spring, and summer offerings if sections fill and additional sections are needed over time.

The nutrition program consistently mentors and uses eight adjunct instructors who are highly credentialed. The adjunct instructors primarily teach the 1000- and, at times, 2000-level courses. There is one adjunct instructor with a PhD in nutritional sciences. Five adjunct instructors are MS, RDN. One of these adjunct instructors is MS, RDN, CSSD and is employed by WSU athletics. Another is a lactation education specialist. Two adjunct instructors hold MS degrees without the RDN. The current nutrition faculty members are sufficient to support the proposed major.

The integrative nutrition track includes electives in other programs, departments, and colleges across campus. Departments that have been perceived as having the greatest enrollment impact were contacted and have indicated support for the nutrition education program proposal (Health Promotion and Human Performance, Child and Family Studies, Botany, and Psychology).

Nutrition faculty members have opportunities for professional growth and development through a college endowment, department matching travel funds, and program funds. The nutrition program also extends professional development opportunities to adjunct instructors needing to maintain their RDN credentials.

Staff

Describe the staff development activities that will support this program. Will existing staff such as administrative, secretarial/ clerical, laboratory aides, advisors, be sufficient to support the program or will additional staff need to be hired? Provide plans and resources to secure qualified staff, as needed.

The ATN department currently has an 11-month full-time administrative specialist and a 12-month full-time academic advisor in addition to a 12-month 3/4 time lab coordinator. The level of staff support is sufficient to assist with the growth in nutrition to a major. Additionally, with the phase out of the bachelor of athletic training program, there will be room for staff to assist with expanding nutrition from a minor and BIS emphasis to a major while retaining the minor and BIS emphasis options.

Student Advisement

Describe how students in the proposed program will be advised.

All Nutrition Education students are encouraged to meet with the full-time ATN department academic advisor at least twice a year and to consult with a nutrition faculty member. WSU is very attuned and sensitive to advising needs and to providing excellent advising from faculty members and the dedicated academic advisor as students enter the program, throughout the program, and as they graduate and leave the program.

Library and Information Resources

Describe library resources required to offer the proposed program if any. List new library resources to be acquired.

The Stewart library has provided sufficient support for the nutrition minor and BIS emphasis. The new proposed major does not require increased library support; the institution currently has the necessary library support.

Projected Enrollment and Finance

Use Appendix D to provide projected enrollment and information on related operating expenses and funding sources.

Section VI: Program Evaluation

Program Assessment

Identify program goals. Describe the system of assessment to be used to evaluate and develop the program.

The goals of the Nutrition Education major program are four-fold:

1. Produce graduates who possess the skills, knowledge, and competencies to work successfully in non-RDN job markets as described in the Labor Market Demands section of this proposal.
2. Prepare students for post-graduate higher education at the master's level in nutrition or in dietetics to become a Registered

Dietitian Nutritionist (RDN) and eventually a Board Certified Specialist in Sports Dietetics (CSSDs) or in a related field.
3. Provide a unique academic experience in nutrition with quality faculty, excellent facilities (foods lab, greenhouse, garden, nutrition biochemistry lab), engaging instruction, participation in research and field experiences, and providing the necessary tools to be successful as nutrition educators.
4. Advise students and offer required courses in a sequence and frequently enough to support a timely graduation that meets the institutional goals.

Measures are used in program assessment procedures to determine if goals are met. Performance towards meeting these goals will be assessed as follows:
1. Each required academic course has major content areas and measureable learning outcomes defined. The required course work is tied to the learning outcomes. Outcomes assessment will take place for each course to ensure that the students have acquired the skills, knowledge and competencies to meet the expected levels of achievement of the program.
2. A capstone course, NUTR 4990 senior seminar, will require students to build a program portfolio consisting of projects that showcase the program's expected achievements.
3. The nutrition program faculty and staff will stay connected with program graduates. They will administer a survey at the time of graduation and again two to three years after graduation to determine job placement or post graduate higher education. The survey will include questions on how well students felt prepared for employment and job satisfaction or graduate school, depending on their personal goals.
4. Over time the nutrition program will build an advisory council so job and graduate school placement can be optimal, and feedback can be gained to revise curriculum to better meet labor demands or graduate programs. Employers and graduate school advisors would be likely members of the council.

Student Standards of Performance

List the standards, competencies, and marketable skills students will have achieved at the time of graduation. How and why were these standards and competencies chosen? Include formative and summative assessment measures to be used to determine student learning outcomes.

The core competencies of the Nutrition Education major stem from The Society for Nutrition Education and Behavior (SNEB) and the Academy of Nutrition and Dietetics practice group on Sports, Cardiovascular, and Wellness Nutrition. The core competencies that students will have achieved at the time of graduation extend across eight areas:

1. Analyze and design diets for health, fitness, and/or sport performance
2. Design and deliver exercise programs and/or nutrition support for optimal performance
3. Communicate effectively on current nutrition education topics
4. Demonstrate dietary and lifestyle cultural competence
5. Optimize healthful behaviors for individuals, families, and communities across the lifespan
6. Integrate nutrition expertise with sports, physical activity, health, and wellness
7. Choose and prepare foods to achieve nutritional adequacy, health, and food system sustainability
8. Assimilate current research and/or engage in undergraduate research

Student learning, understanding, and proficiency will be determined at the course and program levels by both formative and summative assessment measures including:
· Senior seminar capstone portfolio synthesis
· Course evaluations
· Graduation exit surveys
· Course exam, quiz, case study, and project performance using grade scales, rubrics, and answer keys
· Oral and written communication evaluation by instructors and peers using established grading criteria and rubrics
· Literature review and/or directed research and exposure to IRB and CITI requirements

A GPA of 2.75 or higher is required in all courses for this major. The overall GPA must be 2.00 or better. No more than one “D”

is acceptable.

Appendix A: Program Curriculum

List all courses, including new courses, to be offered in the proposed program by prefix, number, title, and credit hours (or credit equivalences). Indicate new courses with an X in the appropriate columns. The total number of credit hours should reflect the number of credits required to be awarded the degree.

For variable credits, please enter the minimum value in the table for credit hours. To explain variable credit in detail as well as any additional information, use the narrative box at the end of this appendix.

Course Number	NEW Course	Course Title	Credit Hours
General Education Courses (list specific courses if recommended for this program on Degree Map)			
		General Education Credit Hour Sub-Total	40
Required Courses			
NUTR 2320		Food Values, Diet Design and Health	3
NUTR 2420		Childhood Adolescent Nutrition	2
NUTR 3320		Nutrition and Health in the Older Adult	3
NUTR 3420		Multicultural Health and Nutrition	3
NUTR 4320		Current Issues in Nutrition	2
NUTR 4420		Nutrition and Fitness	3
NUTR 4990	X	Senior Seminar	1
		Required Course Credit Hour Sub-Total	17
Elective Courses			
		see emphasis areas	
		Elective Credit Hour Sub-Total	
		Core Curriculum Credit Hour Sub-Total	57

Are students required to choose an emphasis? X *Yes or* *No*

Course Number	NEW Course	Course Title	Credit Hours

Course Number	NEW Course	Course Title	Credit Hours
Name of Emphasis:		INTEGRATIVE NUTRITION	
NUTR 1240		Nutrition and Sustainable Cooking	3
NUTR 2220		Prenatal and Infant Nutrition	2
NUTR 4860		Field Experience	2
ESS 2300		Fitness Assessment/Exercise Prescription	3
Electives		• AT 3080 Statistic and Evidence-Based Practice (3)	16
		• BTNY 2303 Ethnobotany (3)	
		• BTNY 3583 Herbal Medicines (3)	
		• CHF 3150 Consumer Rights and Responsibilities (3)	
		• CHF 4400 The Family in Stress (3)	
		• COMM 3820 Persuasive Communication (3) OR MGMT 3200 Manage	
		• HLTH 1110 Stress Management (3)	
		• HLTH 2400 Mind/Body Wellness (3)	
		• HLTH 3400 Substance Abuse Prevention (3)	
		• HLTH 4700 Wellness Coaching (3) (note:HLTH 3000 pre-req waived)	
		• MICR 3203 The Immune System in Health & Disease (3)	
		• NUTR 3020 Sports Nutrition (3)	
	X	• NUTR 4440 Advanced Human Nutrition (3)	
		• NUTR 4520 Directed Undergraduate Research (1-6)	
		• PE 1080 Strength Training (1)	
		• PEP 3280 Methods of Teaching Strength and Conditioning (3)	
		• PEP 3290 Methods of Teaching Fitness for Life (3)	
		• PSY 3000 Child Psy (3) OR PSY 3140 Adol. Psy (3) OR PSY 3560 G	
		• PSY 3255 Conditioning, Learning, and Behavior Modification (3)	
		• PS 3203 Customer Service Techniques (3) OR PS 3563 Principles of	
		• REC 3230 Wilderness Nutrition and Backcountry Cooking (4)	
		NOTE: 17 credit hours of major/support courses may also fulfill gen ed.	
		Additional prereq/elective/minor credit hours are required to total 120.	37
		Students who plan to continue into a Graduate Registered Dietitian	
		program will be advised to take applicable preparatory courses to	
		fulfill these electives.	
		Total below includes these additional prereq/elective/minor credit hours	
		Actual Major Total (combined core & emphasis) = 60	

Emphasis Credit Hour Sub-Total	63

Course Number	NEW Course	Course Title	Credit Hours
		Total Number of Credits to Complete Program	120

Course Number	NEW Course	Course Title	Credit Hours
Name of Emphasis:		SPORTS NUTRITION	
HTHS 1111		Integrated A & P II OR ZOOL 2200 Physiology	4
CHEM 1220		Principles of Chemistry II (w/ lab)	5
CHEM 2310		Organic Chemistry I	4
CHEM 2315		Organic Chemistry I Lab	1
CHEM 3070		Biochemistry I	3
NUTR 3020		Sports Nutrition	3
NUTR 3220		Foundations in Diet Therapy	2
NUTR 4440		Advanced Human Nutrition [CHEM 3070 is a pre-req]	3
Electives			6
		• AT 2430 Prevention and Care of Musculoskeletal Injuries (3)	
		• ESS 2300 Fitness Assessment/Exercise Prescription (3)	
		• ESS 3450 Structural Kinesiology (3)	
		• ESS 3500 Biomechanics (3)	
		• ESS 3510 Exercise Physiology (3)	
		• ESS 4370 Clinical Exercise Physiology (3)	
		• ESS 3600 Research Methods and Statistics (3)	
		• NUTR 1120 Nutrition for the Athlete (2)	
		• NUTR 1240 Nutrition and Sustainable Cooking (3)	
		• NUTR 4520 Directed Undergraduate Research (1-6)	
		• NUTR 4860 Field Experience (2)	
		• PE 1080 Strength Training (1)	
		• PEP 3280 Methods of Teaching Strength and Conditioning Credits (3)	
		• PEP 3400 (3) OR PSY 3010 (3) OR AT 3200	
		• REC 3230 Wilderness Nutrition and Backcountry Cooking	
		NOTE: 12 credit hours of major/support courses also fulfill gen ed	
		Additional prereq/elective/minor credit hours are required to total 120	32
		Total below includes these additional prereq/elective/minor credit hours	
		Actual Major Total (combined core & emphasis) = 60	

Emphasis Credit Hour Sub-Total	63
Total Number of Credits to Complete Program	120

Program Curriculum Narrative

Describe any variable credits. You may also include additional curriculum information.

Students will be advised to fulfill the 120-credit hour total by taking additional electives to support their desired program outcome (such as prerequisite courses for graduate school).

Students will select one of the emphasis options: Integrative Nutrition or Sports Nutrition. Each emphasis will have a separate major code to declare. The declared emphasis will appear on the diploma and transcript (for example: Nutrition Education/ Sports Nutrition or Nutrition Education/Integrative Nutrition). Although unlikely, students may select both emphasis options. In this case the degree would be a dual major in Nutrition Education and both emphases will appear on the students' diploma and transcript.

Sport's Nutrition: Additional Suggested Courses Needed for many graduate Registered Dietitian programs (includes General Education)

- ECON SS1010 Economics as a Social Science (3) OR ECON SS2010 Principles of Microeconomics (3) OR SOC SS/DV 1010 Principles of Sociology (3) OR 3PSY SS1010 Introductory Psychology (3)
- ENGL 2010 Intermediate Writing (3)
- MATH QL1040 Introduction to Statistics (3)
- MATH QL1050 College Algebra (4)
- PHYS 1010 Elementary Physics (3)
- ZOOL LS1020 Human Biology (3)

Degree Map

Degree maps pertain to undergraduate programs ONLY. Provide a degree map for proposed program. Degree Maps were approved by the State Board of Regents on July 17, 2014 as a degree completion measure. Degree maps or graduation plans are a suggested semester-by-semester class schedule that includes prefix, number, title, and semester hours. For more details see http://higheredutah.org/pdf/agendas/201407/TAB%20A%202014-7-18.pdf (Item #3).

Please cut-and-paste the degree map or manually enter the degree map in the table below.

NUTRITION EDUCATION: SPORTS NUTRITION EMPHASIS DEGREE MAP
Freshman (Semester 1 - Fall)
ENGL 1010 Intro. College Writing (3)
MATH 1010 Intermediate Algebra or MATH 1030 (4)
NUTR LS1020 Science & Application of Human Nutrition (LS)
Creative Arts Course (3)
Elective (UNIV 1105 Suggested) (3)
Total Semester Credits 16

Freshman (Semester 2 - Spring)
ENGL 2010 Intermediate College Writing (3)
MATH QL (3-4) (recommend 1040 or 1050)
CHEM PS1210 Principles of Chemistry I w/lab (5)
NUTR 2320 Food Values, Diet Design & Health (3)
LIBS 1704 or WEB 1504 (CIL part D) (1-.5)
Total Semester Credits 14.5-16

Sophomore (Semester 3 - Fall)
American Institutions (3)
CHEM 1220 Principles of Chemistry II w/lab (5)
Social Science & Diversity Course (recommend Soc 1010) (3)
HTHS LS1110 Integrated A & P I OR ZOOL 2100 Human Anatomy (4)
Total Semester Credits 15

Sophomore (Semester 4 - Spring)
Humanities Course (3)
HTHS 1111 Integrated A & P II OR ZOOL LS2200 Human Physiology (4)
Humanities/Creative Arts/Diversity Course (3)
NUTR 2420 Childhood Adolescent Nutrition (2)
Social Science Course (recommend PSY 1010 or ECON 1010) (3)
Total Semester Credits 15

Junior (Semester 5 - Fall)
NUTR 3020 Sports Nutrition (3)
NUTR 3420 Multicultural Health & Nutrition (3)
CHEM 2310 Organic Chemistry 1 (4)
CHEM 2310 Organic Chemistry 1 Lab (1)
Elective (3)
Total Semester Credits 14

Junior (Semester 6 - Spring)
NUTR 3320 Nutrition and Health in Older Adult (3)
CHEM 3070 Biochemistry I (3)

NUTR 3220 Foundations in Diet Therapy (2)
Program Elective (3)
Program Elective (3)
Total Semester Credits 14

Senior (Semester 7 - Fall)
NUTR 4420 Nutrition for Fitness (3)
NUTR 4440 Advanced Human Nutrition (3)
Elective (3)
Elective (3)
Elective (3)
Total Semester Credits 15

Senior (Semester 8 - Spring)
NUTR 4990 Senior Seminar (1)
NUTR 4320 Current Issues in Nutrition (2)
Elective (3)
Elective (3)
Elective (3)
Elective (3)
Total Semester Credits 15

NUTRITION EDUCATION: INTEGRATIVE NUTRITION DEGREE MAP IN TOGGLE TABLE BELOW

First Year Fall	Cr. Hr.	First Year Spring	Cr. Hr.
ENGL 1010 Intro. College Writing	3	ENGL 2010 Intermediate College Writing	3
MATH 1010 Intermediate Algebra	4	MATH QL	4
NUTR LS1020 Science & App of Human Nutriti	3	CHEM PS1210(Prin.Chem.I) OR CHEM PS1110	5
Creative Arts Course	3	NUTR 2320 Food Values, Diet Design & Health	3
Elective (UNIV 1105 Suggested)	3	LIBS 1704 or WEB 1504 (CIL part D)	1
Total	16	Total	16
Second Year Fall	**Cr. Hr.**	**Second Year Spring**	**Cr. Hr.**
PSY 1010 – Intro to Psych (SS) or CHF 1500 –	3	COMM HU2110 Interpersonal & Sm Group	3
American Institutions	3	Humanities/Creative Arts/Diversity Course	3
Elective	3	Elective	3
ESS 2300 Fitness Assessment/Exercise Prescri	3	NUTR 2420 Childhood Adolescent Nutrition	2
HLTH SS1030 Healthy Lifestyles	3	Physical/Life Science Course	3
Total	15	Total	14
Third Year Fall	**Cr. Hr.**	**Third Year Spring**	**Cr. Hr.**
NUTR 2220 Prenatal & Infant Nutrition	3	NUTR 3320 Nutrition and Health in Older Adult	3
NUTR 3420 Multicultural Health & Nutrition	3	NUTR 1240 Nutrition & Sustainable Cooking	3
Program Elective	3	Program Elective	3
Program Elective	3	Program Elective	3
Program Elective	3	Elective	3
Total	15	Total	15
Fourth Year Fall	**Cr. Hr.**	**Fourth Year Spring**	**Cr. Hr.**
NUTR 4420 Nutrition for Fitness	3	NUTR 4990 Senior Seminar	1
NUTR 4860 Field Experience	2	NUTR 4320 Current Issues in Nutrition	2
Program Elective	1	Elective	3

Elective	3	Elective	3
Elective	3	Elective	3
Elective	2	Elective	3
Total	14	Total	15

Appendix C: Current and New Faculty / Staff Information

Part I. Department Faculty / Staff

Identify # of department faculty / staff (headcount) for the year preceding implementation of proposed program.

	# Tenured	# Tenure -Track	# Non -Tenure Track
Faculty: Full Time with Doctorate	3	1	0
Faculty: Part Time with Doctorate	0	0	1
Faculty: Full Time with Masters	0	0	0
Faculty: Part Time with Masters	0	0	5
Faculty: Full Time with Baccalaureate	0	0	0
Faculty: Part Time with Baccalaureate			
Teaching / Graduate Assistants			0
Staff: Full Time			3
Staff: Part Time			2

Part II. Proposed Program Faculty Profiles

List current faculty within the institution -- with academic qualifications -- to be used in support of the proposed program(s).

	First Name	Last Name	Tenure (T) / Tenure Track (TT) / Other	Degree	Institution where Credential was Earned	Est. % of time faculty member will dedicate to proposed program.	If "Other," describe
Full Time Faculty							
	Jennifer	Turley	T	PhD	University of Texas, Austin	50%	
	Joan	Thompson	T	PhD, RDN	University of Arizona	100%	
	Rodney	Hansen	T	PhD	Colorado State University	100%	
	David	Aguilar-Alvarez	TT	PhD	University of Connecticut-Storrs	100%	
Part Time Faculty							
	Maria	Richards	Other	PhD	University of Washington	20%	adjunct
	Julie	Hansen	Other	MS, RDN	Colorado State University	20%	adjunct
	Christina	Aguilar	Other	MS, RDN, C	University of Connecticut-Storrs	10%	adjunct
	Lynne	Dawson	Other	MS, RDN	Brigham Young University	10%	adjunct
	Rebecca	Richards	Other	MS, RDN	University of Bridgeport	10%	adjunct
	Rebecca	Heaton	Other	MS	University of Utah	5%	adjunct
	Lindsay	Garr	Other	MS	Weber State University	5%	adjunct
	Nicole	Wycherly	Other	MS	Weber State University	5%	adjunct

Part III: New Faculty / Staff Projections for Proposed Program

Indicate the number of faculty / staff to be hired in the first three years of the program, if applicable. Include additional cost for these faculty / staff members in Appendix D.

	# Tenured	# Tenure -Track	# Non -Tenure Track	Academic or Industry Credentials Needed	Est. % of time to be dedicated to proposed program.
Faculty: Full Time with Doctorate				no new hires (facuty or staff) are needed	
Faculty: Part Time with Doctorate					
Faculty: Full Time with Masters					

	# Tenured	# Tenure -Track	# Non -Tenure Track	Academic or Industry Credentials Needed	Est. % of time to be dedicated to proposed program.
Faculty: Part Time with Masters					
Faculty: Full Time with Baccalaureate					
Faculty: Part Time with Baccalaureate					
Teaching / Graduate Assistants					
Staff: Full Time					
Staff: Part Time					

Appendix D: Projected Program Participation and Finance

Part I.

Project the number of students who will be attracted to the proposed program as well as increased expenses, if any. Include new faculty & staff as described in Appendix C.

Three Year Projection: Program Participation and Department Budget						
	Year Preceding Implementation	New Program				
		Year 1	Year 2	Year 3	Year 4	Year 5
Student Data						
# of Majors in Department	384	385	385	385	385	385
# of Majors in Proposed Program(s)		15	18	20	25	30
# of Graduates from Department	49	50	50	50	50	50
# Graduates in New Program(s)		0	2	8	14	20

Department Financial Data				
	Department Budget			
		Year 1	Year 2	Year 3
Project additional expenses associated with offering new program(s). Account for New Faculty as stated in Appendix C, "Faculty Projections."	Year Preceding Implementation (Base Budget)	Addition to Base Budget for New Program(s)	Addition to Base Budget for New Program(s)	Addition to Base Budget for New Program(s)
EXPENSES – nature of additional costs required for proposed program(s)				
List salary benefits for additional faculty/staff each year the positions will be filled. For example, if hiring faculty in year 2, include expense in years 2 and 3. List one-time operating expenses only in the year expended.				
Personnel (Faculty & Staff Salary & Benefits)	$951,311	$0	$3,174	$3,174
Operating Expenses (equipment, travel, resources)	$29,075	$0	$0	$0
Other:	$0	$0	$0	$0
TOTAL PROGRAM EXPENSES		$0	$3,174	$3,174
TOTAL EXPENSES	$980,386	$980,386	$983,560	$983,560
FUNDING – source of funding to cover additional costs generated by proposed program(s)				
Describe internal reallocation using Narrative 1 on the following page. Describe new sources of funding using Narrative 2.				
Internal Reallocation	$0		$3,174	$3,174
Appropriation	$980,386	$0	$0	$0
Special Legislative Appropriation	$0	$0	$0	$0
Grants and Contracts	$0	$0	$0	$0
Special Fees	$0	$0	$0	$0
Tuition	$0	$0	$0	$0
Differential Tuition (requires Regents approval)	$0	$0	$0	$0
PROPOSED PROGRAM FUNDING		$0	$3,174	$3,174
TOTAL DEPARTMENT FUNDING	$980,386	$980,386	$983,560	$983,560
Difference				
Funding - Expense	$0	$0	$0	$0

Part II: Expense explanation

Expense Narrative

Describe expenses associated with the proposed program.

Student numbers and graduates are predicted to hold steady, with nutrition and athletic therapy majors increasing as athletic training majors are phased out. Very few expenses are required to implement the new proposed Nutrition Education major. A small increase in instructional wage may be needed starting in the second year. The expectation is the need to cover an additional one or two 3-credit hour lower-division courses so the full-time faculty members can teach the new proposed courses needed for the major (NUTR 4890, NUTR 4990, NUTR 4440). Some courses (such as NUTR 4440) will be put on a rotation and will not need to be offered every semester.

Part III: Describe funding sources

Revenue Narrative 1

Describe what internal reallocations, if applicable, are available and any impact to existing programs or services.

The increase in instructional wage may be obtained from several sources: with the phase-out of the bachelor's of athletic training program some instructional wage may be available at the departmental level. If needed, the Dean of the College of Education may be able to increase the department's instructional wage budget. If the courses are offered evening, online, or at the Davis campus, CE may be able to help with the instructional wage. The nutrition program does have a long-standing presence at the Davis Campus and now has a foods lab and greenhouse (in partnership with Botany) there.

Revenue Narrative 2

Describe new funding sources and plans to acquire the funds.

No new funding sources are needed or proposed.