

PROPOSAL SUMMARY AND ROUTING FORM

Proposal Title: Deletion of CAHS 150 & Creation of a new course: CAHS 160

Initiating Unit or Individual: School of Nursing & Clin Lab, Respiratory & Health Admin Dept.

Contact Person's Name: Julie Coon & Roger Daugherty e-mail: coonj@ferris.edu phone: X-2267 or X-2313

Date or Semester of Proposal Implementation: Spring 2008

- Group I - A – New degree/major or major, or redirection of a current offering
- Group I - B – New minors or concentrations
- Group II - A – Minor curriculum clean-up and course changes
- Group II - B – New Course
- Group III - Certificates
- Group IV – Off-Campus Programs

Group/Individual	Signature	Date	Vote/Action *
Program Faculty			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
Department Faculty			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
Department Head			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
College Curriculum Committee			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
College Faculty			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
Dean			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
University Curriculum Committee			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
Senate			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support
Academic Affairs			<input type="checkbox"/> Support <input type="checkbox"/> Support with Concerns <input type="checkbox"/> Not Support

* Support with Concerns or Not Support must include a list of concerns.

To be completed by Academic Affairs

President (Date Approved)	Board of Trustees (Date Approved)	President's Council (Date Approved)
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1. Proposal Summary

CAHS 150 Food and Nutrition for Living has not been offered for the past several years due to a perceived lack of demand. No requests to offer it have been received from 2001 to date. However, the decision was made last year to offer this course in the spring 2007 semester in response to an identified and reported demand among students who were expressing either interest in taking a course about nutrition or students who indicated a nutrition course was required for their program (Pre-Physical Therapy & Recreation & Leisure Management). It was noted that these students were enrolling in CAHS 205 Childhood Nutrition to meet this requirement, but the CAHS 205 course is specifically designed for the Early Childhood Development program and is not appropriate for general consumers who desire a more generic nutrition program. At the time of this decision it was determined that the course description and configuration of CAHS 150 were outdated and an ineffectual structure to deliver the desired course.

Therefore, CAHS 190 was offered as an experimental course for the Spring 07 and Fall 07 semesters, with enrollments of 31 and 24 students respectively each semester. The students enrolled represented a wide variety of programs throughout the University.

This proposal is to delete the current CAHS 150 and to create a new course, CAHS 160 to include the configuration and outcomes that were incorporated into the CAHS 190 experimental course offering.

2. Summary of All Course Action Required*

a. Newly Created Courses to FSU:

Prefix	Number	Title
CAHS	160	Nutrition for Healthy Living

b. Courses to be Deleted From FSU Catalog:

Prefix	Number	Title
CAHS	150	Food and Nutrition for Living

c. Existing Course(s) to be Modified:

Prefix	Number	Title
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d. Addition of existing FSU courses to program
Prefix Number Title

e. Removal of existing FSU courses from program
Prefix Number Title

*Contact Senate Secretary or UCC Chair if spaces for additional courses are needed.

NEW COURSE INFORMATION FORM

See Sample: Limit to One Page.

Course Identification:

Prefix:	Number	Title
CAHS	160	Nutrition for Healthy Living

Course Description:

This course provides an introduction to food and nutrition as a foundation for healthy living. Students will learn about key nutrients as well as consumer related challenges to healthy food choices. Topics to be addressed include nutritional analysis, nutritional standards, food labeling and food safety. Nutritional health will be addressed in the areas of nutritional diseases, weight challenges and general fitness. Current nutrition topics in the media will also be examined from a consumer perspective.

Course Outcomes:

1. Identify food sources for each of the following nutrients: carbohydrates, proteins, fats, vitamins and minerals.
2. Evaluate a menu based upon established nutritional standards.
3. Recommend appropriate modifications of a menu based on nutritional standards for different ages and activity levels.
4. Evaluate nutritional information found in current media sources for applicability to a healthy life-style.
5. Interpret food label information as it applies to healthy food choices.
6. Identify the relationship between exercise and nutrition for a healthy life style for different ages.

Course Outline including Time Allocation:

3 Credits x 15 weeks = 45 didactic hours or 3 hours per week

Week 1: Nutrition Basics: Concepts, Terms, Attitudes & Behavior

Week 2: Carbohydrates: Sugar and Starch; Diabetes

Week 3: Protein: Proteins & Amino Acids, Vegetarianism

Week 4: Fat: Fats & Cholesterol, Nutrition & Heart Disease

Week 5: Minerals & Vitamins (Exam 1)

Week 6: Nutritional Standards: Food labeling, food pyramid, nutritional analysis

Week 7: Nutrition through the life cycle: Pregnancy, Breastfeeding & Infancy

Week 8: Nutrition through the life cycle: Childhood through Adolescence

Week 9: Nutrition through the life cycle: Adults of all Ages (Exam 2)

Week 10: Physical Fitness & Nutrition

Week 11: Body Basics: Weight Management

Week 12: Hot topics in the Media: Food Safety; Phytochemicals & Genetically Modified Food

Week 13: Hot topics in the Media: Diet & Cancer, Dietary Supplements. Functional foods & Organic Foods

Week 14: Nutritional Diseases: Alcohol, Food allergies and intolerances

Week 15: Putting it all together (Exam 3)

Week 16: Final Exam

ASSESSMENT

Outcomes Assessment: Students will demonstrate course outcomes achievement via quizzes, exams and designated projects that will allow students to apply learned nutrition concepts to everyday living situations. These projects will include activities such as nutritional analyses, menu planning, website searches on nutritional supplements, personal fitness activity analysis and interpretation of food labels.

Course Assessment: At least 90% of students will pass the course with a grade of "C" or better.

Course Assessment

CREATE A NEW COURSE

Course Date Entry Form

FORM F
Create Course
rev. 9/23/02

I. ACTION TO BE TAKEN: CREATE A NEW COURSE

Note: If this course is to be used as a prerequisite for other university courses, Form Fs that reflect the prerequisite change must be submitted for those courses as well.

Term Effective: Semester Year See instructions.

II. PROPOSED FOR NEW COURSE: Complete all sections of this part through Prerequisites. See instructions in manual for further clarification.

Course Prefix Number Enter Contact Hours per week in boxes.
LECTure LAB INDEpendent Study – Check (x)
Practicum: Seminar:

Full Course Title:

Abbreviated Course Title:

(Abbreviate only if necessary. Use Arabic numerals. Limit to 26 characters and spaces.)

Semester(s) Offered: (See instructions for listing.) Max. Section Enrollment:

Credit Hours: Check (x) type and enter maximum and minimum hours in boxes.

Type: Variable Fixed Maximum Credit Hours Minimum Credit Hours

Grade Method: Check (x) Normal Grading Credit/No Credit only (Pass/Fail)

May Be Repeated for Added Credit: Check (x) Yes No

Levels: Check (x) Undergraduate Graduate Professional

Does proposed new course replace an equivalent course? Check (x) Yes No

Equivalent course: Prefix Number See instructions on Replacement courses.

CATALOG DESCRIPTION – Limit to 75 words – PLEASE BE CONCISE.

Prerequisites: (if no prerequisites, write "None") Limited to 60 spaces.

UCC Chair Signature/Date: _____ / /

Academic Affairs Approval Signature/Date: _____ / /

To be completed by Academic Affairs Office: - Standard & Measures Coding and General Education Code

Basic Skill (BS) General Education (GE) Occupational Education (OC) G.E. Codes

Office of the Registrar use ONLY

Date Received: _____ Date Completed: _____ Entered: SIS [125 ____, 1D4 ____]

DELETE COURSE

Course Date Entry Form

FORM F
Delete Course
rev. 9/23/02

I. ACTION TO BE TAKEN: DELETE COURSE.

The course described below will be moved to inactive status.

Term Effective: Semester Year See instructions.

II. CURRENT COURSE TO BE DELETED FROM THE ACTIVE STATUS:

Include the information that is in the current course database.

Course Prefix Number Enter Contact Hours per week in boxes.
LECTure LAB INDEpendent Study – Check (x)
Practicum: Seminar:

Full Course Title:

UCC Chair Signature/Date: _____

Academic Affairs Approval Signature/Date: _____

_____/_____/_____/_____

_____/_____/_____/_____

Office of the Registrar use ONLY

Date Received: _____ Date Completed: _____ Entered: SIS [125 ____, 1D4 ____]