



**UNIVERSITY OF THE INCARNATE WORD - ATHLETIC TRAINING EDUCATION  
COMPETENCY AND PROFICIENCY MATRIX (4<sup>TH</sup> EDITION)**

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
NUTR 2341 – INTRODUCTION TO NUTRITION**

**NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES**

<b>Course(s) Taught</b>	<b>Course(s) Evaluated</b>	
ATHP 1310 NUTR 2341 ATHP 3310	ATHP 3310	C1 - Describe personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C2 - Describe the USDA's "My Pyramid" and explain how this can be used in performing a basic dietary analysis and creating a dietary plan for a patient.
NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C3 - Identify and describe primary national organizations responsible for public and professional nutritional information.
ATHP 1310 ATHP 3310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C5 - Describe common illnesses and injuries that are attributed to poor nutrition (e.g., effects of poor dietary habits on bone loss, on injury, on long-term health, and on other factors).
NUTR 2341	NUTR 2341	C7 - Explain principles of nutrition as they relate to the dietary and nutritional needs of the patient (e.g., role of fluids, electrolytes, vitamins, minerals, carbohydrates, protein, fat, and others).
NUTR 2341	NUTR 2341	C8 – Explain the physiological processes and time factors involved in the digestion, absorption, and assimilation of food, fluids, and nutritional supplements. Further, relate these processes and time factors to the design and planning of preactivity and post activity meals, menu content, scheduling, and the effect of other nonexercise stresses before activity.
ATHP 2341	ATHP 2341	C9 - Describe the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.
ATHP 2341	ATHP 2341	C10 - Explain implications of FDA regulation of nutritional products.
NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C11 - Identify and interpret pertinent scientific nutritional comments or position papers (e.g., healthy weight loss, fluid replacement, pre-event meals, and others).
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C12 - Explain principles of weight control for safe weight loss and weight gain, and explain common misconceptions regarding the use of food, fluids, and nutritional supplements in weight control.
ATHP 1310 NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C13 - Explain consequences of improper fluid replacement.
NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C14 - Describe disordered eating and eating disorders (i.e., signs, symptoms, physical and psychological consequences, and referral systems).
NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C15 - Identify effects of macronutrients (e.g., saturated fats, incomplete proteins, and complex carbohydrates), on performance, health, and disease.
NUTR 2341 NUTR 4356	NUTR 2341 NUTR 4356	C16 - Describe signs, symptoms, and physiological effects of mineral deficiency (e.g., iron, and calcium), and identify foods high in a specific mineral content.
NUTR 2341	NUTR 2341	C17 - Identify and explain food label Daily Value recommendations and common food sources of essential vitamins and minerals in using current USDA Dietary Guidelines.



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NUTR 2341	NUTR 2341	C19 - Explain the relationship between basal metabolic rate, caloric intake, and energy expenditure in the use of the Food Pyramid Guidelines.
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**UPDATED 12/16/2008**