



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

**COMPETENCIES AND PROFICIENCIES LISTED FOR  
NUTR 4356 – NUTRITION FOR HUMAN PERFORMANCE**

**NUTRITIONAL ASPECTS OF INJURIES AND ILLNESSES**

| <b>Course(s)<br/>Taught</b>                      | <b>Course(s)<br/>Evaluated</b> |  |
|--|--------------------------------|--|
| ATHP 1310<br>NUTR 2341<br>NUTR 4356              | NUTR 2341<br>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<br>NUTR 4356                           | NUTR 2341<br>NUTR 4356         | C3 - Identify and describe primary national organizations responsible for public and professional nutritional information.   |
| ATHP 1310<br>ATHP 3310<br>NUTR 2341<br>NUTR 4356 | NUTR 2341<br>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 4356  | NUTR 4356                      | C6 - Explain energy and nutritional demands of specific activities and the nutritional demands placed on the patient.  |
| NUTR 2341<br>NUTR 4356                           | NUTR 2341<br>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<br>NUTR 2341<br>NUTR 4356              | NUTR 2341<br>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<br>NUTR 2341<br>NUTR 4356              | NUTR 2341<br>NUTR 4356         | C13 - Explain consequences of improper fluid replacement.  |
| NUTR 2341<br>NUTR 4356                           | NUTR 2341<br>NUTR 4356         | C14 - Describe disordered eating and eating disorders (i.e., signs, symptoms, physical and psychological consequences, and referral systems).  |
| NUTR 2341<br>NUTR 4356                           | NUTR 2341<br>NUTR 4356         | C15 - Identify effects of macronutrients (e.g., saturated fats, incomplete proteins, and complex carbohydrates), on performance, health, and disease.  |
| NUTR 2341<br>NUTR 4356                           | NUTR 2341<br>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 4356  | NUTR 4356                      | C20 - Identify the nutritional benefits and cost of popular dietary regimen for weight gain, weight loss, and performance enhancement.   |
| ATHP 1310<br>NUTR 4356                           | NUTR 4356                      | P3 - Provide educational information about basic nutritional concepts, facts, needs, and food labels for settings associated with physically active individuals of a wide range of ages and needs.   |

**UPDATED 12/16/2008**