

**INNOVATIVE COURSE RENEWAL REQUEST
SPORTS NUTRITION
PLANO INDEPENDENT SCHOOL DISTRICT
February 2006**

Evaluation

A. Description of the course and its essential knowledge and skills:

- 1) Has the content of the course or the essential knowledge and skills changed?

The essential knowledge and skills for Sports Nutrition have not changed. We continue to update the content of the course with current information regarding nutrition, personal and mental health issues, and lifestyle choices.

- 2) Have the general goals of the course changed?

No, the general goals of Sports Nutrition have not changed.

B. Rationale and justification for the request in terms of student need:

- 1) Did the anticipated number of students enroll in the course?

Our enrollment in Sports Nutrition has been higher than expected. Each year our enrollment increases. Students are very interested in learning about how nutrition relates to physical performance.

- a. Number of students requesting enrollment:

Often, we have more students requesting Sports Nutrition than we have available seats. In fact, at Open House this fall, one parent commented to the teacher, "What is it with this class? We had to bug them and bug them, just to get my student enrolled! They just kept telling us that the classes were full, but we finally got him in."

- b. Number of students who enrolled in and completed the course:

During the Fall 2005 semester, we had 241 students who enrolled in and completed Sports Nutrition.

- 2) Has the requirement for the special course changed?

The requirement for Sports Nutrition has not changed. We feel that this course is a very important part of our Family & Consumer Sciences program. Students and teachers are very positive about the content and benefit of Sports Nutrition.

- 3) Has there been a change in local needs or changes in benefits from this course?

There has not been a change in local needs or changes in benefits from the Sports Nutrition course.

C. Description of activities, major resources, and materials to be used:

- 1) Were the materials anticipated used or were more materials needed?

We continue to use Nutrition and Fitness, Dorothy West, for our classroom text, although we have moved to a newer edition. Also, as the course has developed and nutritional knowledge and research has increased and changed, new and more timely resources have been introduced. We are using new videos and new internet sites with pertinent information. The ability to access current streaming videos from the Plano ISD network has greatly enhanced the course and increased the student's understanding of curriculum concepts.

2) Was the space sufficient for the activities planned?

We have found that the best location for our Sports Nutrition course is a Foods Lab. This allows the teaching of nutritional concepts and the students are able to apply the learning in a lab setting.

3) Were the credit requirements for the course adequate?

Yes. Students are able to learn needed concepts within the 1-semester framework.

4) Was the course implemented as anticipated?

Yes

D. Methods for evaluating student outcomes:

1) Objective information

We use many hands-on activities in Sports Nutrition. In addition, we also use criterion-referenced tests.

2) Subjective information

This continues to be one of our most popular Family & Consumer Sciences electives. Often, our enrollment exceeds the number of sections we are able to offer.

E. Qualifications of the teacher:

1) Were the teacher qualifications stated in the application appropriate?

Yes

2) List any changes that are needed

No changes are needed.

F. Amount of credit requested:

.5 credit

G. School years for which approval is requested:

1) Is there a need to continue this course?

Yes

2) Is there a need to change or extend the school years outlined in the course approval?

Plano ISD is requesting renewal of Sports Nutrition for 5 years:

2006-07, 2007-08, 2008-09, 2009-10, 2010-11