Course Name:Wilderness Nutrition & Backcountry Cooking
Course Prefix: REC
Course Number: 3230
             Submitted by (Name & E-Mail):  Cass Morgan, cassmorgan@weber.edu

Current Date:  9/11/2013
College: Education
Department:   HP&HP
From Term: Fall  2014

Substantive

|  |  |
| --- | --- |
| new  | Current Course Subject N/ACurrent Course Number |

**New/Revised Course Information:**

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| --- | --- |
| Subject:  REC            Course Number: 3230 | Check all that apply: *This is for courses already approved for gen ed.    Use a*[*different form*](http://documents.weber.edu/catalog/forms.htm)*for proposing a new gen ed designation.*DV  CA  HU  LS  PS  SS EN  AI  QL  TA  TB  TC  TD  TE |

Course Title: Wilderness Nutrition & Backcountry Cooking

Abbreviated Course Title:

|  |  |
| --- | --- |
| Course Type:  | LEL |

Credit Hours:  4  **or** if variable hours:    to

Contact Hours: Lecture 1  Lab 3   Other

Repeat Information:  Limit 0   Max Hrs 0

Grading Mode:  standard

|  |  |
| --- | --- |
| This course is/will be: | a required course in a major programa required course in a minor programa required course in a 1- or 2- year programelective |

Prerequisites/Co-requisites:

• NUTR 1020: Science and Application of Human Nutrition; or
• HLTH 1030 SS: Healthy Lifestyles.

Course description (exactly as it will appear in the catalog, including prerequisites):

REC 3230: Wilderness Nutrition & Backcountry Cooking
Credits: (4)
Typically Taught:
Spring [1st Blk]

For outdoor professionals and those who spend extensive time in the outdoors, wilderness nutrition and backcountry cooking are critical components to providing safe, healthy, and enjoyable outdoor recreation experiences. Concepts of nutritional balance, energy needs, menu planning, and cooking are explored and applied within the context of a backcountry setting. A one-week backcountry field experience is required. Prerequisites: HLTH 1020 or NUTR 1020 LS.

**Justification**for the new course or for changes to an existing course. (Note: Justification should emphasize academic rationale for the change or new course. This is particularly important for courses requesting upper-division status.)

Meeting energy and nutrition needs in a backcountry setting is essential for successful trip completion and maintaining health during expeditions. Backcountry professionals as well as outdoor enthusiasts must understand the basic nutritional needs in a backcountry setting. In addition, these individuals must understand and develop menu planning and cooking skills, unique to backcountry expeditions, in order to sufficiently meet nutritional needs.

REC 3230 will provide students with a unique experience that enhances an understanding of nutrition in an outdoor recreation setting. This course will emphasize individualized energy and nutrient needs necessary to maintain health during expeditions. Students will learn how to meet these energy and nutrient needs through individualized and group menu planning as well as backcountry cooking skills. Assessment of dietary intake and energy expenditure during a field experience will allow students to evaluate success in meeting nutritional needs. A week-long field experience will be required for the completion of this course. This expedition will allow students to integrate and apply the knowledge and skills learned in the classroom.

This course draws on an interdisciplinary framework that will challenge students to synthesize and apply information in a real-world context. In addition, this course will draw a more homogeneous group of students with a strong interest in the outdoors due to the required expedition. Therefore, this class is suited for a 3000 level designation.

Justification of course credit hours:

Credit Hours Contact Hours
Lecture 1 14
Lab 1 28
Field Exp. 2 60 (10hrs X 6 days)
Total 4 102

\* For every 1 credit of lab/field experience requires at least 2 contact hours per University Curriculum Committee Policy and Procedures Manual. Therefore, since 3 credit hours of this course is designated lab and/or field experience this course must have at least 84 contact hours from lab/field experience.

**INFORMATION PAGE**for substantive proposals only

1. Did this course receive unanimous approval within the Department?

true

If not, what are the major concerns raised by the opponents?

2. If this is a new course proposal, could you achieve the desired results by revising an existing course within your department or by requiring an existing course in another department?

No. Currently there is no course for students to meet the objectives being proposed with this course.

3. How will the proposed course differ from similar offerings by other departments? Comment on any subject overlap between this course and topics generally taught by other departments, even if no similar courses are currently offered by the other departments. Explain any effects that this proposal will have on program requirements or enrollments in other department. Please forward letters (email communication is sufficient) from all departments that you have identified above stating their support or opposition to the proposed course.

There is currently no course like this offered on campus.

4. Is this course required for certification/accreditation of a program?

no

If so, a statement to that effect should appear in the justification and supporting documents should accompany this form.

5. **For course proposals**, e-mail a syllabus to Faculty Senate which should be sufficiently detailed that the committees can determine that the course is at the appropriate level and matches the description.**There should be an indication of the amount and type of outside activity required in the course (projects, research papers, homework, etc.)**.