Supervised Fieldwork with Cornell Sports Nutrition

Student Supervisor: Clint Wattenberg, MS, RD, CSCS (chw5@cornell.edu)
Instructor: Emily Gier, MBA, RD (eg47@cornell.edu)

Instructions: Eligible students (junior and senior DNS dietetics students) will apply for supervised fieldwork experience through the Student Supervisor. Students will be selected as appropriate by the supervisor and will review and agree to the terms of the fieldwork experience before submitting “request for special study” paperwork. After both the supervisor and student agree to expectations for the semester, students will request a meeting with the instructor and complete the “request for special study” paperwork as outlined below. The request must be completed by the second week of classes in the fall or spring semester.

NS 4020 – Supervised Fieldwork
Class number – determined each semester
Grade option: S/U for 1-2 credits/semester depending on time commitment (45-60 hours = 1 credit; 90-120 hours = 2 credits)
Experience to be carried out on-campus, fall and/or spring semester.

I. Description of Study: student will work under the supervision of the Coordinator of Sports Nutrition at Cornell.

A) Learning objectives:

Develop an understanding and experience in the field of Sports Nutrition. Gain understanding and experience and develop skills in the following areas:

- Nutrition assessment
- Nutrition education, counseling
- Interviewing
- Meal planning
- Marketing
- Food production

B) Activities

Support the Coordinator of Sports Nutrition in tasks associated with:

- Recipe analysis and labeling in the Dining Halls and with Athlete dining
- Recovery nutrition tables for practice and competition
- Individual nutrition and exercise assessment, analysis and meal-planning
- Nutrition education material development
- Utilize social marketing to market sports nutrition, the program, events and opportunities
II. Previous Coursework related to proposed study: NS1150 and NS1220

III. Time commitment (avg. hrs/wk): 6hrs/wk
   1. Preparation and assignment – *up to 15 hours total*
   2. Meeting with instructor – *as needed*
   3. Library – *up to 10 hours*
   4. Research (for 4010 only)
   5. Placement – *45 hours total*
   6. Other (specify)

IV. Product of study: *Portfolio of skills developed as a result of supervised fieldwork experiences.*

V. Evaluation:
   1. Who will evaluate? *Student Supervisor will verify that student successfully completed agreed upon activities and assigned tasks.*
   2. How will grade be determined? *Students will meet with instructor at end of semester to present portfolio.*