

# NFS 450W Student Learning Outcomes

## State University College at Buffalo

### Dietetic Education Program

**Student Name:** [REDACTED]

**Rotation Site:** University of South Carolina /USC Gamecocks

**Preceptor:** Anthony Paradis

**Dates from:** March 7 – April 12 (2022)

Site/Focus: Student athletes competing in the SEC with an emphasis on performance enhancement through nutrition and exercise initiatives

**1) Rotation Learning Objectives:** By the end of the five-week rotation the student will successfully:

- ❖ Assist with and manage performance and nutrition initiatives specific to athlete needs, with the strength and conditioning team
- ❖ Assist the training staff in athlete assessment, including muscle and fat composition measures, as well as identify areas for which nutrition can help improve status
- ❖ Monitor athlete's nutrition status and performance progress and record data that can be used to identify potential nutrition initiatives for long term athletic progress
- ❖ Communicate with a range of athletes and athletic personnel across multiple teams
- ❖ Assist dining team by managing food inventory and coordinating menu items to meet athlete's nutrition goals

**2) Was the student able to complete objectives by the end of this rotation? If objective(s) were unmet, please explain:**

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## Evaluation of Competencies

### Ratings of Performance:

4. Excellent - consistently demonstrates mastery and greater use of skills and knowledge.
3. Good - consistently demonstrates minimal mastery and usually demonstrates greater use of skills and knowledge.
2. Satisfactory - consistently demonstrates minimal mastery of the skills and knowledge.
1. Unsatisfactory - unable to demonstrate minimal mastery of the skills and knowledge.

<b>Professional Competencies</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>N/A</b>
Capable of handling a full caseload of clients					
Determines the quality of nutrition intake of selected athletes through interviews and food logs					
Appropriately selects menu items based on the collective needs of various athletic teams					
Effectively and efficiently maintains food inventory necessary to meet the nutrition needs and goals of student athletes					
Assists dining team in determining ordering needs and correctly fills out ordering forms					
Adequately cleans and maintains stock of athlete nutrition stations					
Effectively serves foods and fluids at athletic practices and competitions					
Coordinates with other athletic personnel to meet the nutrition needs of athletes					
Refers athletes to other professionals or disciplines when appropriate					
Provides nutrition education to athletes: uses accurate nutrition information, and evaluates effectiveness of counseling by assessing athlete understanding of diet education					
Takes dietary histories and food logs of athletes and effectively analyzes them to provide suggestions for athletes when necessary					
Effectively works with strength and conditioning team to propose plans to meet					

athlete's nutritional needs for weight loss, maintenance, or weight gain depending on individualized goals					
Effectively works with strength and conditioning team to manage performance and nutritional recovery initiatives					
Properly uses fat and muscle composition tools to accurately measure fat and muscle composition in athletes					
Documents nutritional intervention in student athletes in a manner consistent with university policies and procedures					
Documents nutritional counseling, evaluations, and interventions in a manner that includes all pertinent information and is stated clearly and concisely					
Effectively uses recorded data to plan and implement nutritional and athletic initiatives that promote general health and athletic progress					
Uses effective education and counseling skills to facilitate behavior change and adherence to dietary phases					
Provides nutrition education and counseling using appropriate counseling techniques for athlete					

<b>Personal Qualities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>N/A</b>
Respects and maintains confidentiality of medical and social information of the athlete					
Communicates with athletes in a clear and timely manner					
Communicates with a range of athletic personnel and other professionals in the nutritional intervention of student athletes					
Shows initiative					
Is responsible for own actions					
Shows respect for others					
Demonstrates effective time management skills					
Demonstrates self-directed learning, seeks out new experiences to enhance learning,					

and shows enthusiasm for learning new skills					
Is flexible					
Recognizes personal capabilities					
Seeks and accepts guidance					
Does not generally allow personal responsibility to interfere with professional responsibility					
Is willing to learn and change					
Is punctual at all times					
Utilizes management skills to provide efficient nutritional care for increasing number of athletes					
Uses appropriate resources with decreasing instructor guidance					
Shows self confidence in one's own ability					

**Comments:**

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**Strengths:**

- 1.
- 2.
- 3.

**Areas for Improvement:**

- 1.
- 2.
- 3.

## Preceptor/Rotation Evaluation

**Ratings:**

- 3. Agree
- 2. Neutral
- 1. Disagree

<b>Criteria</b>	<b>Points</b>
Orientation adequately prepared the student for the rotation: introduction to appropriate staff, resources identified, EMR training	
Workload was adjusted to student's capabilities	
Preceptor demonstrated a strong foundation of knowledge	
Preceptor offered feedback in a timely manner	
Rotation yielded a strong understanding of RD's role in this area of practice	
Rotation provided adequate experiences to meet objectives	

**Comments:**

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**Student signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Preceptor signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_