Nutrition

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NUTR 280. Nutrition for Wellness. 3 credits. Offered fall and spring.
Students will study the impact of nutrition on wellness by learning nutrients, their functions in the human body, food sources and appropriate intake levels. Controversies surrounding use of various nutrients for improvement of health and well-being will be discussed.

NUTR 295. Foundations of Nutrition Practice. 2 credits. Offered fall and spring.
An introduction to the profession of dietetics, credentialing processes in nutrition/dietetics, careers available in the field and some basic skills needed for the profession.

NUTR 340. Science of Food Preparation. 3 credits. Offered fall.
This course explores the chemical composition of food, physical and chemical changes in food associated with household and industrial preparation techniques, definition of standard products, and appropriate assessment techniques for judging food quality. Laboratory component provides opportunity to judge foods prepared by different techniques. Prerequisites: Admission to the dietetics major; CHEM 131 or equivalent.

NUTR 360. Management in Dietetics. 3 credits. Offered spring.
Application of management concepts, theories and principles to dietetics with a focus on the work environments (clinical and food service) in which registered dietitians must effectively practice. Prerequisite: Admission to the dietetics major.

NUTR 362. Food Service Systems. 3 credits. Offered spring.
An integration of menu planning, food procurement, equipment selection and layout to provide quality food service in a variety of food systems. Prerequisite: Admission to the dietetics major.

NUTR 363. Quantity Food Production (1, 6). 3 credits. Offered fall and spring.
The principles of quantity food production and service are studied. Prerequisite: Admission to the dietetics major.

NUTR 380. Global Nutrition. 3 credits. Offered fall and spring.
A study of food habits from around the world and their contributions to nutritional adequacy. Factors affecting global food consumption behaviors including sociocultural practices, religion, health beliefs, agricultural practices, economics, politics and education are explored.

NUTR 382. Sports Nutrition. 3 credits. Offered fall.
A study of the relationship of nutrition and athletic performance. Identification of the effects of age, sex, body build, environment and state of health on energy needs and energy sources during physical activity. Prerequisite: NUTR 280.

This course introduces nutrition as a disease therapy and the role of the clinical dietitian as a member of the health care team. Topics covered include nutrition screening and assessment, medical records documentation, basic dietary modifications.
and patient/family counseling. Prerequisites: Admission to the dietetics major; NUTR 340 and NUTR 395.

**NUTR 385. Nutrition Throughout the Life Cycle.** 3 credits. Offered spring. A study of the nutritional needs throughout the life cycle and the development of food habits. Nutrition assessment and nutrition education from prenatal health through infancy, childhood, adolescence, adulthood and old age are emphasized. Prerequisite: Admission to the dietetics major.

**NUTR 395. Introduction to Patient Care in Dietetics.** 2 credits. Offered fall. A study of the concepts of patient care in dietetics, skills needed for Medical Nutrition Therapy and the dietitian’s role on the health care team. Prerequisites: Admission to the dietetics major and NUTR 280.

**NUTR 446. Experimental Foods (1, 4).** 3 credits. Offered spring. An introduction to research in foods. Different techniques of food preparation are studied and evaluated for the most acceptable methods to obtain standard food products. Prerequisites: Admission to the dietetics major; NUTR 340, organic chemistry and statistics.

**NUTR 455/KIN 424. Theories and Practices of Weight Management.** 3 credits. Offered fall and spring. An examination of the physiological, psychological and environmental theories of obesity. Current trends in obesity research are emphasized. A case study and laboratories are used to provide students with practical experience in constructing a weight management program. Prerequisites: BIO 270, BIO 290, NUTR 280 or permission of the instructor.

**NUTR 460. Computer Systems for Foods and Nutrition.** 3 credits. Offered spring. Introduction to food and nutrition computer systems. Emphasis is placed on the role of computers in nutritional assessment, food service administration, nutrition education and food technology. Prerequisites: NUTR 360 and successful completion of the Tech Level I test.

**NUTR 482. Nutrition and Metabolism (2, 2).** 3 credits. Offered fall. A study of the nutrients, their roles in intermediary metabolism, the effects of genetic errors in metabolism, nutritional deficiencies and means of assessing nutritional status. Agencies and programs concerned with nutrition and health and current trends in nutrition research are emphasized. Prerequisites: Admission to the dietetics major; CHEM 260 and MATH 220. Prerequisite or corequisite: BIO 290.

**NUTR 484. Clinical Nutrition II (2, 2).** 3 credits. Offered spring. A study of the use of diet in preventing illness and as a means of treating disease. Emphasis is given to patient education. Prerequisites: Admission to the dietetics major; NUTR 384 and NUTR 482.

**NUTR 485. Community Nutrition.** 3 credits. Offered fall. A study of human nutrition and health problems from a community perspective, programs and policies related to nutrition at local, state and federal levels including preventive nutrition or wellness and approaches and techniques for effective application and dissemination of nutrition knowledge in the community. Prerequisite: Admission to the dietetics major.

**NUTR 490. Field Experience in Dietetics.** 3 credits. Offered summer. Students participate in field experience relating to their major area of dietetics and their career goals under the coordination of a dietetics faculty member. On-the-job
supervision will be provided by the participating hospital dietitians. **Prerequisites:**
Admission to the dietetics major; [NUTR 384, NUTR 395]. Application for enrollment must be completed through the course instructor in the fall semester prior to the summer in which it will be taken.

**NUTR 495. Senior Seminar in Dietetics.** 2 credits. Offered fall.
Students will be introduced to research in dietetics and conduct a senior research project. The Code of Ethics and Standards of Practice of the American Dietetic Association will be investigated, and students will prepare for their postgraduate dietetic internship. **Prerequisite:** Admission to the dietetics major.

**NUTR 496. Special Studies in Nutrition/Dietetics.** 1-3 credits. Offered fall and spring.
This course is designed to give the student in dietetics an opportunity to complete independent study, professional conference participation and/or research under faculty supervision. **Prerequisite:** Permission of the coordinator of the dietetics program.

**NUTR 499. Honors.** 6 credits. Offered fall and spring.
Year course.