

# NUTRITION (NUTR)

## NUTR 116 Seminar In Nutrition and Dietetics (1 Credits)

### Lecture: 1

Introduction to Dietetics and the Academy of Nutrition and Dietetics (AND), including its purpose, membership requirements, professional ethics, by-laws, and career opportunities in dietetics, food service industries, and health care facilities. One hour of lecture per week.

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 235 Introduction to Nutrition (3 Credits)

### Lecture: 3

Introduction to essential nutrients - their food sources, physiological functions, human needs to meet nutritional requirements at different stages of the life cycle, current nutrition trends and controversies. 3 credit hour course per week.

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 240 Introduction to Food Preparation (3 Credits)

### Lecture: 2, Lab: 3

Introduction to selection, preparation and storage of food based on chemical and physical properties, applying food preparation techniques, understanding food components and their specific nature and behavior during preparation, evaluation of quality in food products. Course includes ServSafe Certification.

**Prerequisite(s):** (NUTR 235 and CHEM 231 and CHEM 211 and BIOL 246)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 335 Nutrition and Aging (3 Credits)

### Lecture: 3

"Examines nutritional needs during aging due to physiological; factors influencing food intake and nutritional status of the elderly; therapeutic diets for chronic diseases commonly found in older adults. PREQUISTISTES: NUTR 235, BIOL 136, BIOL 136L, CHEM 343, or instructor's consent."

**Prerequisite(s):** (NUTR 235 and BIOL 136 and BIOL 136L and CHEM 343)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 336 Nutrition Thru Life Cycle (3 Credits)

### Lecture: 3

"Examines nutritional needs through the life cycle with emphasis on physiological, metabolic, cultural, environmental, psychosocial, genetic, and environmental factors. PREQUISTISTES: NUTR 235, BIOL 136, BIOL 136L "

**Prerequisite(s):** (NUTR 235 and BIOL 136 and BIOL 136L)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 337 Nutrition and Physical Activity (3 Credits)

### Lecture: 3

"Examines nutritional needs for optimum performance; physical activity and fitness. PREQUISTISTES: NUTR 235, BIOL 136, BIOL 136L, CHEM 343, or instructor's consent."

**Prerequisite(s):** (NUTR 235 and BIOL 136 and BIOL 136L and CHEM 343)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 340 Experimental Food lab (3 Credits)

### Lecture: 2, Lab: 2

Analysis of chemical and physical properties of food, study of ingredient functions and factors affecting food product quality as measured by sensory and objective methods, current practices and trends in food technology. Research design, data collection and analysis.

**Prerequisite(s):** (NUTR 240 and CHEM 231 and CHEM 211 and BIOL 246)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 350 Culture, Society and Foods (3 Credits)

### Lecture: 3

"Discusses cultural beliefs and practices; religion, food supplies, and socioeconomic status and their impact on food choices and nutritional status. PREQUISTISTES: NUTR 336, NUTR 240, PSY 131, SOC 157, BIOL 246 "

**Prerequisite(s):** (NUTR 336 and NUTR 240 and PSY 131 and SOC 157 and BIOL 246)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 423 Community Nutrition (3 Credits)

### Lecture: 3

"Discusses the role of nutrition in promoting, maintaining and improving health in the community; financial, legislative, political, sociological, and scientific aspects of public and community health; analytical tools, grantsmanship; role of public and private agencies in community nutrition programs; goals and trends in community nutrition. PREQUISTISTES: NUTR 336, NUTR 350 "

**Prerequisite(s):** (NUTR 336 and NUTR 350)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 430 Nutrition Counseling Education (2 Credits)

### Lecture: 2

"The application of principles and hands-on experience of counseling, motivational techniques, and communication skills dietetics/nutrition practice. PREQUISTISTES: NUTR 456, NUTR 450 CO-REQUISTISTES: NUTR 460, NUTR 460L "

**Prerequisite(s):** (NUTR 456 and NUTR 450)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 440 Food Production Systems (2 Credits)

### Lecture: 2

**Prerequisite(s):** (NUTR 240)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

## NUTR 440L Food Production System Lab (2 Credits)

### Lab: 2

"The application of principles in foodservice production systems with emphasis on equipment, safe food handling, quality standards and controls, menu planning, and environmental issues. This course must be taken concurrently with NUTR 440 (Food Production Systems). PREQUISTISTES: NUTR 240, SERVS SAFE certification, verification of immunization – current TB test, measles, mumps, rubella, chicken pox, H1N1 flu shot, seasonal flu shot, and hepatitis B series (are in the process of getting series). You will need to submit copy of SERVS SAFE certification and immunization records to instructor to be registered for the course. This course must be taken concurrently with NUTR 440. CO-REQUISTISTES: NUTR 440 "

**Prerequisite(s):** (NUTR 240)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 445 Food Systems Mgmt (3 Credits)****Lecture: 3**

"Discusses management principles with emphasis on how they apply to food systems - human resources, food, equipment and facilities to provide a quality product and service to customers/clients/patients.

PREQUISTISTES: NUTR 440, NUTR 440L "

**Prerequisite(s):** (NUTR 440 and NUTR 440L)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 450 Nutr Status Assessment Lab (2 Credits)****Lab: 2**

"Provides training in nutrition status assessment techniques - laboratory methods for collection and interpretation of demographic, dietary, anthropometric, biochemical and clinical data. PREQUISTISTES:

NUTR 456 (Advanced Nutrition I) CO-REQUISTISES: NUTR 457 (Advanced Nutrition II) "

**Prerequisite(s):** (NUTR 456)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 456 Advanced Nutrition I (3 Credits)****Lecture: 3**

**Prerequisite(s):** (NUTR 336 and BIOL 136 and BIOL 136L and CHEM 343)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 457 Advanced Nutrition II (3 Credits)****Lecture: 3**

"Examines biochemical and molecular aspects of vitamins and minerals; interrelationship of nutrients; principles of determining nutritional requirements of individuals and clinical applications. PREQUISTISTES: NUTR 456 This course requires extensive preparation and relies heavily on your previous knowledge of physiology and biochemistry. Course material will focus on integrating nutrient function into physiological and biochemical processes. CO-REQUISTISES: NUTR 450 (Nutritional Status Assessment Lab) "

**Prerequisite(s):** (NUTR 456)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 460 Medical Nutrition TherapyI (3 Credits)****Lecture: 3**

**Prerequisite(s):** (NUTR 457 and PHAR 212)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 460L Medical Nutrition Therapy I Lab (1 Credits)****Lab: 1**

"The application of the Nutrition Care Process (NCP) and evidence-based practice to specific pathophysiological conditions - includes nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. This course must be taken concurrently with NUTR 460. PREQUISTISTES: NUTR 457, PHAR 212. This course requires extensive preparation and relies heavily on your previous knowledge of advanced nutrition, anatomy, microbiology, physiology and biochemistry. This course must be taken concurrently with NUTR 460. CO-REQUISTISTES: NUTR 460, NUTR 430 "

**Prerequisite(s):** (NUTR 457 and PHAR 212)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 461 Medi Nutrition Therapy II (3 Credits)****Lecture: 3**

"The application of the Nutrition Care Process (NCP) and evidence-based practice to specific pathophysiological conditions - includes nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. This course must be taken concurrently with NUTR 461L (Medical Nutrition Therapy Lab II). PREQUISTISTES: NUTR 460, NUTR 460L, NUTR 430. This course requires extensive preparation and relies heavily on your previous knowledge of advanced nutrition, anatomy, microbiology, physiology and biochemistry. This course must be taken concurrently with NUTR 461L. CO-REQUISTISTES: NUTR 461L "

**Prerequisite(s):** (NUTR 460 and NUTR 460L and NUTR 430)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 461L Medi Nutrition Therapy II (1 Credits)****Lab: 1**

"The application of the Nutrition Care Process (NCP) and evidence-based practice to specific pathophysiological conditions - includes nutrition assessment, nutrition diagnosis, nutrition intervention, and nutrition monitoring and evaluation. This course must be taken concurrently with NUTR 461 (Medical Nutrition Therapy II). PREQUISTISTES: NUTR 460, NUTR 460L, NUTR 430. This course requires extensive preparation and relies heavily on your previous knowledge of advanced nutrition, anatomy, microbiology, physiology and biochemistry. This course must be taken concurrently with NUTR 461. CO-REQUISTISTES: NUTR 461

**Prerequisite(s):** (NUTR 460 (may be taken concurrently) and NUTR 460L and NUTR 430)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci

**NUTR 490 CapstoneSeminar (1 Credits)****Lecture: 1**

"The discussion of current and emerging health and nutrition related issues. PREQUISTISTES: NUTR 460, NUTR 460L, senior standing status. CO-REQUISTISTES: NUTR 461, NUTR 461L "

**Prerequisite(s):** (NUTR 460 and NUTR 460L)

**College/School:** Liberal Arts & Behavioral Scie

**Department:** Human Serv & Consumer Sci