

NUTRITION (NUTR)

NUTR 1322 Basic Nutrition 3 Credits

Department: College of Education Human Dev

Introduction to nutrition including functions, sources, characteristics, and recommended intake of nutrients; digestion, absorption and metabolism; special needs during various phases of the life cycle; diet therapy and patient assessment, education and counseling.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 3316 Nutrition and Fitness 3 Credits

Department: College of Education Human Dev

An overview of contemporary nutrition concepts, including healthy eating, nutrition attitudes and behaviors; myths and realities of weight control; vegetarianism; food intolerances; dietary supplements; food safety; and nutrition and health maintenance for adults. This course is designed to help students become better-informed consumers of nutrition-related information.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 3320 Advanced Nutrition 3 Credits

Department: College of Education Human Dev

The advanced study of normal nutrition including digestion, absorption, and metabolism of proteins, carbohydrates, lipids, vitamins and minerals.

Prerequisite(s): NUTR 1322 or FCSC 1322

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 3328 Community Nutrition 3 Credits

Department: College of Education Human Dev

Activities and responsibilities of the community nutritionist including needs assessment, program development, communication, identifying public policy issues and working with the media. Students apply principles of nutrition education in a variety of community settings.

Prerequisite(s): NUTR 1322 or FCSC 1322

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 3330 Nutritional Biochemistry 3 Credits

Department: College of Education Human Dev

Chemistry of the major building blocks of life: Carbohydrates, lipids, amino acids and proteins, enzymes, vitamins and cofactors - thorough coverage of the major energy-generating pathways.

Prerequisite(s): (NUTR 1322 and CHEM 1306 and CHEM 1106) or (NUTR 1322 and CHEM 1311 and CHEM 1111) or (FCSC 1322 and CHEM 1306 and CHEM 1106) or (FCSC 1322 and CHEM 1311 and CHEM 1111)

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 4300 Medical Nutrition Therapy I 3 Credits

Department: College of Education Human Dev

Diets and nutritional support for selected diseases, surgery and trauma. Calculation of nutrient needs for specific diseases; case studies.

Prerequisite(s): (NUTR 1322 or FCSC 1322) and BIOL 2401 and BIOL 2402

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 4307 Nutrition Through the Life Cycle 3 Credits

Department: College of Education Human Dev

Physiological, biochemical and sociological factors that affect nutrient requirements and recommendations over the life cycle.

Prerequisite(s): NUTR 1322 or FCSC 1322

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 4315 Medical Nutrition Therapy II 3 Credits

Department: College of Education Human Dev

This course is a continuation of NUTR 4300 and will continue to explore diets and nutritional support for selected diseases, surgery and trauma. Calculations for nutrient needs for specific diseases; case studies.

Prerequisite(s): (FCSC 4300 or NUTR 4300) and BIOL 2401 and BIOL 2402 and NURS 2373

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 4331 Nutritional Education and Counseling 3 Credits

Department: College of Education Human Dev

Study nutrition guidelines for social disease prevention, and practice nutrition assessment techniques such as anthropometry, biochemical assessment, clinical signs and symptoms, and dietary analysis. Knowledge of nutrition guidelines, assessment, and disease prevention will be applied through basic nutrition counseling at end of semester.

Prerequisite(s): NUTR 1322 or FCSC 1322

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 4347 Food Science 3 Credits

Department: College of Education Human Dev

Study of chemical and physical factors affecting food preparation and processing. Application of analytical methods to sensory and objective evaluation of food quality. Laboratory experiments and introduction of food research techniques.

Prerequisite(s): NUTR 1322 or FCSC 1322

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5303 Nutrition Research 3 Credits

Department: College of Education Human Dev

Examination of the scientific method and its application to the study of nutrition-based research.

Restriction(s):

Undergraduate level students may **not** enroll.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5304 Advanced Dietetics I 3 Credits

Department: College of Education Human Dev

Exploration of evidence-based practice and delivery of nutrition and dietetics services for the patient in a healthcare facility with uncomplicated and complicated nutrition diagnoses.

Restriction(s):

Undergraduate level students may **not** enroll.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5305 Advanced Dietetics II 3 Credits**Department:** College of Education Human Dev

Exploration of evidence-based practice and delivery of nutrition and dietetics services for the individual, community and institutions.

Prerequisite(s): NUTR 5304 and NUTR 5306**Restriction(s):**Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5306 Dietetic Practicum I 3 Credits****Department:** College of Education Human Dev

Supervised practice which requires 32-36 hours per week field experience in the areas of nutrition education & counseling, clinical nutrition, community nutrition and food service management, rotation sites include hospitals and other health care facilities, community nutrition sites, and food service facilities. To be completed in the fall semester.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5307 Dietetic Practicum II 3 Credits****Department:** College of Education Human Dev

Supervised practice which requires 32-36 hours per week field experience in the areas of nutrition education & counseling, clinical nutrition, community nutrition and food service management. Rotation sites include hospitals and other health care facilities, community nutrition sites and food service facilities. To be completed in the spring semester.

Prerequisite(s): NUTR 5304 and NUTR 5306**Restriction(s):**Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5309 The Energy Nutrients 3 Credits****Department:** College of Education Human Dev

In-depth study of the macronutrients, the major building blocks of life. Sources, classification, functions, digestion, absorption, metabolism and excretion of carbohydrates, lipids and proteins. coverage of the major energy-generating pathways. Emphasis on various categories of macronutrients as related to health. Metabolism and health effects of alcohol.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5311 Advanced Medical Nutrition Therapy I 3 Credits****Department:** College of Education Human Dev

Integration of a student's knowledge on a variety of disease conditions and the intervention of medical nutrition therapies. Emphasis is placed on understanding energy expenditure, body composition and changes during physiological stress, illness and chronic disease. Core elements are applied in the study of various disease states and medical nutrition therapy.

Prerequisite(s): BIOL 2401 and BIOL 2402**Restriction(s):**Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5313 Advanced Medical Nutrition Therapy II 3 Credits****Department:** College of Education Human Dev

This course is a continuation of NUTR 5311 and will continue to explore the integration of students' knowledge on a variety of conditions and the medical nutrition therapy interventions. Emphasis is placed on understanding energy expenditure, body composition and changes during the acute and chronic disease states. Core elements are applied in the study of various diseases.

Prerequisite(s): NUTR 5311**Restriction(s):**Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5317 Food Principles 3 Credits****Department:** College of Education Human Dev

Principles of food science, including food evaluation, food laboratory experiments, research methods, food sanitation and safety, and government food regulations. Physical and Chemical properties of food including food preparation, processing, packaging and food biotechnology.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5319 Menu & Production Management 3 Credits****Department:** College of Education Human Dev

Institutional menu planning and quality food production principles. Quality assurance, layout and product flow, food procurement, human and financial resources in the institutional setting.

Prerequisite(s): NUTR 5317**Restriction(s):**Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5325 Nutrition Education and Counseling 3 Credits**Department:** College of Education Human Dev

In depth study of communication and counseling skills utilized in conducting nutrition education to individuals and groups in community clinic settings. Requires case study presentation utilizing a trans-disciplinary, developmental problem-solving model as a learning framework to enhance critical-thinking skills.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5332 Vitamins and Minerals 3 Credits****Department:** College of Education Human Dev

Emphasis on the specific micronutrients, vitamins and minerals, as related to health. sources, classification, functions, digestion, absorption, metabolism and excretion. vitamin/mineral deficiency and toxicity. Assessment of micronutrient status.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5338 Integrative Nutrition 3 Credits****Department:** College of Education Human Dev

Emphasis on science-based literature of popular commentary and alternative nutrition therapies, including phytonutrients, functional foods, herbals, botanicals and dietary supplements. nontraditional medical practices commonly used to improve health will also be covered. The safety, efficacy and standardization of dietary supplements will be discussed.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5348 Nutrition in Pregnancy and Infancy 3 Credits****Department:** College of Education Human Dev

Role of nutrition in health during the preconception period, gestation, embryonic and fetal development, lactation and the first year of life. focus on conditions that require special nutrition concern.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5349 Nutrition in Aging 3 Credits****Department:** College of Education Human Dev

Role of nutrition in successful aging. Study of psychological, social and economic factors that contribute to nutrition needs and concerns of older adults.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5350 Food, Culture and Health 3 Credits****Department:** College of Education Human Dev

An overview of global cultures and eating habits. Exploration of health and well-being as effected by food and culture.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5351 Weight Management 3 Credits****Department:** College of Education Human Dev

A study of overweight and obesity: terminology, epidemiology, trends, assessment, etiology, consequences, prevention and treatment.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5352 Eating Disorders 3 Credits****Department:** College of Education Human Dev

Cause, identification, treatment and prevention of eating disorders. Students learn screening techniques appropriate for identifying individuals with eating disorders.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5359 Sports Nutrition 3 Credits****Department:** College of Education Human Dev

The role of nutrition in discussed as it relates to athletic performance and physical activity.

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS**NUTR 5367 Field Experience 3 Credits****Department:** College of Education Human Dev

Graduate dietetics field experience is designed to enhance supervised practice experience through the development of the dietetic interns' ability to prioritize assignments, time management skills, thoroughly and accurately complete projects as well as have an understanding of the core competencies of the registered dietitian nutritionist. May be repeated for a maximum of 6 hours with varied experiences.

May be Repeated for a maximum of 6 hours

Restriction(s):Undergraduate level students may **not** enroll.**Grade Mode(s):** Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5388 Dietetics Capstone 3 Credits

Department: College of Education Human Dev

Culminating experience for students in the dietetic internship which combines a supervised practice experience in staff rotations, preparation for dietetics practice and completion of the program exit exam in order for students to become successful entry-level dietitians.

Prerequisite(s): NUTR 5305 and NUTR 5307

Restriction(s):

Undergraduate level students may **not** enroll.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS

NUTR 5389 Nutrition Capstone 3 Credits

Department: College of Education Human Dev

This capstone course allows students the opportunity to integrate the knowledge and skills gained from the M.S in Nutrition program. The course is designed to expand students' capacity to master new content, think critically and develop life-long learning skills across the disciplines of nutrition and community health. The course is taken the final semester of the program.

Prerequisite(s): NUTR 5303

Restriction(s):

Undergraduate level students may **not** enroll.

Grade Mode(s): Standard Letter, Registrar do not use FN, Registrar do not use FS