# NUTRITION (NUTR)

**NUTR 1322 Introductory Nutrition 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 2316 Nutrition and Fitness 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 3301 Global Nutrition 3 Credits**
**Department:** Nursing and Health Professions
Explores the multifaceted aspects of global nutrition, examining dietary patterns, food security, and the impact of socio-economic factors on nutrition and wellness worldwide. Students will analyze nutritional challenges in various regions, the role of global organizations, malnutrition, and strategies for improving health outcomes.

**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.

**NUTR 3320 Advanced Nutrition 3 Credits**
**Department:** Nursing and Health Professions
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

**NUTR 3328 Community Nutrition 3 Credits**
**Department:** Nursing and Health Professions
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

**NUTR 3329 Preventive Nutrition & Wellness 3 Credits**
**Department:** Nursing and Health Professions
In-depth examination of the principles of preventive nutrition and wellness, focusing on how dietary choices and lifestyle habits can prevent chronic diseases and promote overall health. Students will learn about nutrient functions, dietary guidelines, and strategies for maintaining a healthy lifestyle.
**Prerequisite(s):** NUTR 1322 and NUTR 2316

**NUTR 3330 Nutritional Biochemistry 3 Credits**
**Department:** Nursing and Health Professions
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 (CHEM 1306 and CHEM 1106) or (FCSC 1322 and CHEM 1311 and CHEM 1111)

**NUTR 3350 Nutrition Assessment 3 Credits**
**Department:** Nursing and Health Professions
The nutrition care process and methods used in determining nutritional status throughout the lifecycle are examined in-depth. This course incorporates knowledge and skills to implement anthropometric measurements, analyze biochemical data, complete a nutrition-focused physical examination, and collect dietary information. Resources are explored and utilized for making evidence-based nutrition and dietetics recommendations.
**Prerequisite(s):** NUTR 1322 and NUTR 3330

**NUTR 4300 Medical Nutrition Therapy I 3 Credits**
**Department:** Nursing and Health Professions
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

**NUTR 4307 Lifecycle Nutrition 3 Credits**
**Department:** Nursing and Health Professions
Physiological, biochemical and sociological factors that affect nutrient requirements and recommendations over the life cycle.
**Prerequisite(s):** NUTR 1322 or FCSC 1322

**NUTR 4315 Medical Nutrition Therapy II 3 Credits**
**Department:** Nursing and Health Professions
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

**NUTR 4331 Nutritional Education and Counseling 3 Credits**
**Department:** Nursing and Health Professions
Students explore counseling and learning theories for individuals and groups in clinical and community settings. Students learn how to plan, deliver, and evaluate nutrition educational strategies, as well as how to improve their counseling skills.
**Prerequisite(s):** NUTR 1322 or FCSC 1322

**NUTR 4347 Food Science 3 Credits**
**Department:** Nursing and Health Professions
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

**NUTR 5303 Nutrition Research 3 Credits**
**Department:** Nursing and Health Professions
Examination of the scientific method and its application to the study of nutrition-based research.
**Restriction(s):**
Undergraduate level students may **not** enroll.

**NUTR 5304 Advanced Dietetics I 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5305 Advanced Dietetics II 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5306 Dietetic Practicum I 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5307 Dietetic Practicum II 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5309 The Energy Nutrients 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5311 Advanced Medical Nutrition Therapy I 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5313 Advanced Medical Nutrition Therapy II 3 Credits**
**Department:** Nursing and Health Professions
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 an 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.

**NUTR 5317 Food Principles 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5319 Menu & Production Management 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5325 Nutrition Education and Counseling 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5332 Vitamins and Minerals 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5338 Integrative Nutrition 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5348 Nutrition in Pregnancy and Infancy 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5349 Nutrition in Aging 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5350 Food, Culture and Health 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5351 Weight Management 3 Credits**
**Department:** Nursing and Health Professions
A study of overweight and obesity: terminology, epidemiology, trends, assessment, etiology, consequences, prevention and treatment.
**Restriction(s):**
Undergraduate level students may **not** enroll.

**NUTR 5352 Eating Disorders 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5359 Sports Nutrition 3 Credits**
**Department:** Nursing and Health Professions
The role of nutrition in discussed as it relates to athletic performance and physical activity.
**Restriction(s):**
Undergraduate level students may **not** enroll.

**NUTR 5367 Field Experience 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5388 Dietetics Capstone 3 Credits**
**Department:** Nursing and Health Professions
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.

**NUTR 5389 Nutrition Capstone 3 Credits**
**Department:** Nursing and Health Professions
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.