

Nutrition (NUTR)

Courses

NUTR 1201. Introduction to the Dietetic Profession. 1 Hour.

Introduction to profession of dietetics and nutrition including history, scope and future of professionals with emphasis on academic preparation, internships, acquisition of professional credentials, career laddering and career opportunities. Guest speakers will supplement lectures and assignments. Prerequisite: HNHI; HNAD or FNAH majors only or by department consent. (Typically offered: Fall and Spring)

NUTR 1213. Fundamentals of Nutrition. 3 Hours.

The functions of food, body processes, optimum diets in relation to health and physical fitness. (Typically offered: Fall and Spring)

NUTR 1213H. Honors Fundamentals of Nutrition. 3 Hours.

The functions of food, body processes, optimum diets in relation to health and physical fitness. (Typically offered: Fall and Spring)

This course is equivalent to NUTR 1213.

NUTR 2111L. Principles of Foods Laboratory. 1 Hour.

Laboratory exercises and practice applicable of Principles of Foods. Lab 3 hours. Corequisite: NUTR 2113. (Typically offered: Fall and Spring)

NUTR 2113. Principles of Foods. 3 Hours.

Physical and chemical characteristics of foods, organized by food science and nutrition, protein foods, phytochemicals, complex and refined carbohydrates, and fats. Emphasis on food preparation and storage methods and effect on foods. Investigation and practice of food preparation basics, cooking and baking techniques, knife skills, food safety, and sensory evaluation of food. Corequisite: NUTR 2111L. Prerequisite: NUTR 1213, HOSP 2611 and (CHEM 1073, or CHEM 1103, or CHEM 1203), and one of the following programs, minors or concentrations: (HNADBS, FNAHBS, HESCBS, NUTR-M, or CATEBS-FCSE). (Typically offered: Fall and Spring)

NUTR 2203. Sports Nutrition. 3 Hours.

The integration of concepts from nutrition and exercise physiology into an applied multidisciplinary study of how food, beverages and dietary supplements influence physical performance. Prerequisite: NUTR 1213. (Typically offered: Fall and Spring)

NUTR 3003. Nutrition Assessment. 3 Hours.

Principles of nutritional assessment and methodology including anthropometric, biochemical, clinical, and dietary evaluation. Emphasis placed on Nutrition Focused Physical Assessment, the interpretation of indices for all age groups in health and disease for both individuals and groups, and the application of nutrition assessment data in the nutrition care process. Prerequisite: NUTR 3203, junior standing and HNAD/FNAH majors only. (Typically offered: Spring)

NUTR 3101L. Culinary Nutrition Lab. 1 Hour.

Students will explore ways to apply evidence based nutrition research to culinary application. It addresses the fundamental culinary skills and knowledge required to prepare meals that impact the nutritional and sensory appeal of food. Corequisite: NUTR 3103. Prerequisite: NUTR 2113 and NUTR 2111L. (Typically offered: Fall)

NUTR 3101M. Honors Culinary Nutrition Lab. 1 Hour.

Students will explore ways to apply evidence based nutrition research to culinary application. It addresses the fundamental culinary skills and knowledge required to prepare meals that impact the nutritional and sensory appeal of food. Corequisite: NUTR 3103H. Prerequisite: NUTR 2113, NUTR 2111L and honors standing. (Typically offered: Fall)

NUTR 3103. Culinary Nutrition. 3 Hours.

This course is grounded in a food first approach to health and wellness with an emphasis on disease prevention. Students will study the physical and chemical characteristics of foods that increase nutritional value and will include exploration of the culinary nutrition modification process and application of these concepts to planning nutritionally balanced meals. Corequisite: NUTR 3101L. Prerequisite: NUTR 2113 and NUTR 2111L. (Typically offered: Fall)

NUTR 3103H. Honors Culinary Nutrition. 3 Hours.

This course is grounded in a food first approach to health and wellness with an emphasis on disease prevention. Students will study the physical and chemical characteristics of foods that increase nutritional value and will include exploration of the culinary nutrition modification process and application of these concepts to planning nutritionally balanced meals. Corequisite: NUTR 3101M. Prerequisite: NUTR 2113, NUTR 2111L and honors standing. (Typically offered: Fall)

NUTR 3203. Human Nutrition. 3 Hours.

Fundamental human nutrition; nutritive value of foods and general functions of nutrients based on concepts derived from inorganic and organic chemistry. Examples relating nutrition to disease used as illustrations to deepen understanding of normal nutrition. Lecture 3 hours per week. Corequisite: CHEM 2613 and CHEM 2611L or CHEM 3603 and CHEM 3601L. Prerequisite: NUTR 1213. (Typically offered: Fall)

NUTR 3213. Nutrition Education and Counseling. 3 Hours.

Introduction to development of communication skills related to educational theory and techniques, development of educational materials, interpersonal communication skills, group dynamics, public speaking, and interviewing techniques. Includes discussion of counseling theory and methods, and how education and counseling are intertwined for nutrition professionals. Includes development of skills in nutrition counseling. Prerequisite: NUTR 1213, HNAD or FNAH majors only, and Junior or Senior standing. (Typically offered: Fall)

NUTR 3213H. Honors Nutrition Education and Counseling. 3 Hours.

Introduction to development of communication skills related to educational theory and techniques, development of educational materials, interpersonal communication skills, group dynamics, public speaking, and interviewing techniques. Includes discussion of counseling theory and methods, and how education and counseling are intertwined for nutrition professionals. Includes development of skills in nutrition counseling. Prerequisite: NUTR 1213, HNAD or FNAH majors only, Junior or Senior standing, and honors standing. (Typically offered: Fall)

NUTR 3603. Quantity Foods. 3 Hours.

This course focuses on menu planning for a variety of food service organizations, with consideration of age, special needs, diet type, cultural and ethical parameters. Students will design flavorful and appealing menus that meet current nutrition recommendations, guidelines and budgetary constraints. They will learn recipe standardization, quantity production, and overall quality control. Prerequisite: NUTR 1213, HOSP 2603, junior standing and Human Nutrition and Dietetics Bachelor of Science (HNADBS) or Food, Nutrition and Health Bachelor of Science (FNAHBS) majors only. (Typically offered: Spring)

NUTR 4001. Nutrition Seminar. 1 Hour.

Presentation and discussion of selected nutrition topics of current interest. Prerequisite: Senior standing and HNHI; HNAD or FNAH majors only. (Typically offered: Spring) May be repeated for up to 2 hours of degree credit.

NUTR 4101L. Research Methods in Nutrition Lab. 1 Hour.

Application of experimental methods for investigations in nutrition research. Pre- or corequisite: STAT 2303. Corequisite: NUTR 4103. Prerequisite: NUTR 2113, NUTR 2111L, NUTR 3203 and major in either Human Nutrition and Dietetics (HNAD), or Food, Nutrition and Health (FNAH) and senior standing only. (Typically offered: Spring)

NUTR 4103. Research Methods in Nutrition. 3 Hours.

This course will cover applications of experimental methods for investigations in nutrition research and cookery. Corequisite: NUTR 4101L. Pre- or Corequisite: STAT 2303. Prerequisite: NUTR 2113, NUTR 2111L, NUTR 3203 and major in either Human Nutrition and Hospitality Innovation (HNHI), or Human Nutrition and Dietetics (HNAD), or Food, Nutrition and Health (FNAH) and senior standing only. (Typically offered: Spring)

NUTR 4213. Advanced Nutrition. 3 Hours.

Normal nutrition with emphasis on utilization of nutrients. Lecture and reports on current literature 3 hours per week. Prerequisite: CHEM 3813 and NUTR 3203. (Typically offered: Fall)

NUTR 4223. Life Cycle Nutrition. 3 Hours.

Study of normal nutrition emphasizing quantitative needs for nutrients as functions of biologic processes that vary during stages of the life cycle. Attention is given to preconception, pregnancy, childhood and older adults. Prerequisite: (HNAD majors and NUTR 3203) or (FNAH majors and junior standing). (Typically offered: Fall)

NUTR 4243. Community Nutrition. 3 Hours.

Identifying, assessing, and developing solutions for nutritional problems encountered at the local, state, federal, and international levels. Lecture 3 hours per week. Prerequisite: NUTR 1213, junior standing, and Food, Nutrition and Health Bachelor of Science in Human Environmental Science (FNAHBS) or Human Nutrition and Dietetic Bachelor of Science in Human Environmental Science (HNADBS) majors only. (Typically offered: Spring)

NUTR 4263. Medical Nutrition Therapy I. 3 Hours.

Principles of medical nutrition therapy with emphasis on the Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Pre- or corequisite: NUTR 3213 and NUTR 4213. Prerequisite: BIOL 2213, BIOL 2211L, CHEM 3813 and NUTR 3003. (Typically offered: Fall)

NUTR 4273. Medical Nutrition Therapy II. 3 Hours.

Principles of medical nutrition therapy with emphasis on the Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Lecture 3 hours per week. Prerequisite: NUTR 4263. (Typically offered: Spring)

NUTR 4303. Cultural Perspectives on Foods. 3 Hours.

Cultural competence is growing in importance as our population becomes more culturally diverse. This course covers cuisine and culture of various regions for the purpose of promoting respect and understanding for cultural diversity. Students will learn the history of foods, ingredients, flavor profiles, religious based food practices, etiquette, and customs. Corequisite: Junior or senior standing, and (Human Nutrition and Dietetics majors (HNADBS) or Food, Nutrition and Health majors (FNAHBS) or Hospitality Management (HOSPBS) majors). (Typically offered: Fall)

NUTR 4401L. Recipe Modification Lab. 1 Hour.

Students will use existing research to identify foods with preventative and functional properties and apply that information to develop recipes for improved nutritional quality and disease management. They will gather data to modify and refine the products and create an educational tool to promote their products. Corequisite: NUTR 4403. Prerequisite: NUTR 3603. (Typically offered: Spring Odd Years)

NUTR 4403. Recipe Modification. 3 Hours.

Students will use existing research to identify foods with preventative and functional properties and apply that information to develop recipes for improved nutritional quality and disease management. They will gather data to modify and refine the product and create an educational tool to promote their product. Corequisite: NUTR 4401L. Prerequisite: NUTR 2113 and NUTR 2111L. (Typically offered: Spring)

NUTR 5113. Advanced Nutrition. 3 Hours.

(Formerly NUTR 4213.) Normal nutrition with emphasis on utilization of nutrients. Lecture and reports on current literature 3 hours per week. Graduate degree credit will not be given for both NUTR 4213 and NUTR 5113. Prerequisite: CHEM 3813 and NUTR 3203. (Typically offered: Fall)

NUTR 521V. Readings in Nutrition. 1-6 Hour.

Seminar and individual study. Prerequisite: Instructor consent. (Typically offered: Irregular)

NUTR 5223. Nutrition During the Life Cycle. 3 Hours.

Study of normal nutrition emphasizing quantitative needs for nutrients as functions of biologic processes that vary during stages of the life cycle. Nutritive needs during pregnancy and childhood are emphasized with some attention to nourishing aging and elderly adults. Factors that affect food choices and eating behavior are also considered. Lecture 3 hours per week. On campus and web-based delivery is offered. Prerequisite: Graduate standing and consent of instructor. (Typically offered: Fall)

NUTR 5243. Community Nutrition. 3 Hours.

(Formerly NUTR 4243.) Identifying, assessing, and developing solutions for nutritional problems encountered at the local, state, federal, and international levels. Lecture 3 hours per week. Graduate degree credit will not be given for both NUTR 4243 and NUTR 5243. (Typically offered: Spring)

NUTR 5263. Medical Nutrition Therapy I. 3 Hours.

Principles of medical nutrition therapy with emphasis on Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Lecture 3 hours per week. Prerequisite: Graduate standing and consent of instructor. (Typically offered: Fall)

NUTR 5273. Medical Nutrition Therapy II. 3 Hours.

Principles of medical nutrition therapy with emphasis on the Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Lecture 3 hours per week. Prerequisite: NUTR 5263. (Typically offered: Spring)