

NTRN - NUTRITION POST BACCALAUREATE

NTRN 1010 Principles of Human Nutrition (3 Credit Hours)

This is an introductory course that focuses on basic principles of human nutrition. Emphasis is placed on the nutrient requirements of healthy individuals, nutrient categories and their characteristics, physiological functions, metabolism and food sources. The role of nutrition in health promotion and disease prevention will be discussed in relation to personal health choices. This course is appropriate for students contemplating careers in health professions, as well as individuals with a general interest in nutrition and good health.

Additional fees may exist.

Academic Level: Undergraduate