NUTR - NUTRITION

NUTR 200 Food Science Concepts and Food Safety (3 Credit Hours)
This course provides students with an overview of the U.S. food regulatory agencies, requirements and systems that assure food safety as well as principles of safe food handling and cooking basics in the teaching kitchen. Students will examine the requirements for nutrition labeling, how to evaluate and interpret the Nutrition Facts for consumers. Each food group will be discussed including the chemistry, characteristics and properties of foods in each group. Students will learn the best practices utilized for food safety, food selection, preparation and integration with meal management and food service, and complete ServSafe's Food Handler Certification. Common food misconceptions and controversies will be presented and evaluated. Students are expected to sample a wide variety of foods from all of the five food groups.
Academic Level: Undergraduate

NUTR 220 Nutrition (3 Credit Hours)
This inter-professional course provides an introduction to the science of nutrition. Attention is given to the nutrient groups (carbohydrate, protein, fat, vitamins, minerals, and water) with respect to physical and chemical aspects of food digestion, absorption and metabolism. Students will explore the role of nutrition as it relates to health through the lifespan. Informed choices about foods that reduce the risk of developing or contributing to health problems as a result of poor nutrition are highlighted. Implications for different health professions are explored.
Academic Level: Undergraduate

NUTR 238 Fundamentals of Healthy Cooking (3 Credit Hours)
This course is designed to provide students with the basic skills necessary to prepare nutritious meals. The course will emphasize hands-on cooking. Topics will include food safety, moist and dry cooking techniques, vegetarian/vegan, allergen-free cooking, international cooking and local sustainable cooking. Upon completion of this course students will be able to prepare healthy and flavorful meals. Students are expected to sample a wide variety of foods from all of the five food groups.
Academic Level: Undergraduate

NUTR 342 Food Systems and Public Health (3 Credit Hours)
This course provides an overview of today's complex US food system, with a focus on the food system's interrelationships with public health, the environment, equity, and society. Policies and political factors that influence the foundations of food production and food and nutrition improvement programs in the U.S. (federal, state and local) are explored.
Academic Level: Undergraduate

NUTR 350 Nutritional Biochemistry (3 Credit Hours)
This course will focus on human nutrition and metabolism. The functional and regulatory roles of macronutrients and micronutrients will be stressed. Additional components of the course will be centered on integrating nutrition policy with nutrition science. Students will be guided in connecting the lay and scientific literature in the areas of biochemistry and nutrition, and exploring how each informs the other. Opportunities will be available for preparing short written reports and presenting oral reports. Current challenges in the field of nutrition will be related to the lecture material.
Academic Level: Undergraduate

NUTR 400 Medical Nutrition Therapy (3 Credit Hours)
This course offers further examination of the relationship between diet and health, exploring the etiology of nutritional considerations for the current medical management of chronic diseases prevalent in the United States. Class emphasis will be on the physiological, biochemical and psychosocial aspects of various disease states. Students will learn the rational for diet modifications and their prescription as part of the patient's treatment plan, also known as medical nutrition therapy. Students will also explore the impact of genetics and drug-nutrient interactions as well as complementary and alternative medicines for the prevention of chronic diseases. Discussion will focus on advanced topics in nutritional science to include nutrition as related to health promotion, disease prevention and management and the examination of individual dietary patterns.
Academic Level: Undergraduate

NUTR 410 Nutrition Across Seven Continents (3 Credit Hours)
Cultural, political and social factors influence dietary intake and patterns around the world. This course explores these factors across the seven continents, examining topics such as international food policies, causes and treatments for malnutrition, country-specific dietary recommendations and practices.
Academic Level: Undergraduate

NUTR 420 Designing & Supporting Healthy Communities (4 Credit Hours)
This course will explore policy, systems and environmental change strategies to assure that healthful food choices and opportunities for physical activity are accessible and affordable in the community. Students will be provided with the evidence-based tools needed to assess, implement and evaluate community interventions. Students will utilize real-life case studies and selected readings to obtain a practical understanding of how to design and implement community health interventions with measurable success. Students will apply concepts with a minimum of 45-hours of a capstone experiential learning activity in a selected community. This course is for Senior level Nutrition majors; other students may be accepted with the instructor's permission.
Academic Level: Undergraduate
Enrollment is limited to students with a major in Nutrition or Public Health.

NUTR 430 Innovations & Special Topics in Nutrition (3 Credit Hours)
This culmination course will introduce students to a broad range of current nutrition issues. Students will draw on the knowledge obtained with previous coursework and apply it in the field of nutrition. Students will review the latest scientific literature and interpret research data to present findings and formulate position statements that can be utilized for innovative nutrition initiatives. Nutrition topics may include nutrigenomics, gut microbiome, sustainability of the food supply as well as emerging interests and dietary trends.
Academic Level: Undergraduate

NUTR 2200 Nutrition (3 Credit Hours)
Equivalent to NUTR 220. Additional fees may exist.
Academic Level: Undergraduate