Nutritional Sciences (NUT SCI)

Courses

NUT SCI 198. First Year Seminar. 3 Credits.
Reserved for New Incoming Freshman.

NUT SCI 201. Survey of Nutrition Related Professions. 1 Credit.
An overview of the educational, credentialing and practice opportunities for dietetic and related professions. Explore career options for graduates, examine current trends that impact on future jobs, conduct a self-assessment and develop personal career goals.
Fall Only.

NUT SCI 212. Science of Food Preparation. 4 Credits.
Studies the chemical, physical and microbiological characteristics of food and the manipulation of these factors to meet quality standards. Laboratory activities demonstrate principles of food science as applied to food preparation, sanitation and safety.
P: Chem 108 with at least a C grade or Chem 211 with at least a C grade.
Fall Only.

NUT SCI 242. Food and Nutritional Health. 3 Credits.
A basic course in nutrition with an emphasis on the application of nutrition concepts to personal everyday life. Covers the role of nutrients (calories, carbohydrates, fats, protein, vitamins and minerals) in promoting health. Evaluates a healthy diet and lifestyle.
Fall and Spring.

NUT SCI 250. World Food and Population Issues. 3 Credits.
World hunger and population growth as interrelated problems. Dimensions of the world food situation and its implications; scope, complex causes and effects of malnutrition; general strategies and obstacles to the solution of world food and population problems.
Fall and Spring.

NUT SCI 260. Childhood Obesity: Challenges and Solutions. 3 Credits.
This course will examine the current national and global research related to childhood obesity, with a focus on the physiological, environmental, and behavioral factors that may predispose children and adolescents to obesity. Strategies for effective treatment and prevention will also be examined.
Spring.

NUT SCI 299. Travel Course. 1-4 Credits.
Travel courses are conducted to various parts of the world and are led by one or more faculty members. May be repeated to different locations.
P: cons of instr & prior trip arr & financial deposit.

NUT SCI 300. Human Nutrition. 3 Credits.
Examines the physiologic and metabolic roles of nutrients and their food sources. Analysis of the nutrient content of diets and requirements for maintenance of health and prevention of chronic diseases.
P: Biology 201/202 with at least a C grade; and Chem 108 with at least a C grade or 212 with at least a C grade.
Fall and Spring.

NUT SCI 302. Ethnic Influences on Nutrition. 3 Credits.
This course examines the ways in which ethnicity influences food habits and can affect nutrition and health status.
Fall and Spring.

NUT SCI 312. Quantity Food Production and Service. 4 Credits.
Principles of quantity food preparation, service, and budgeting in food service systems. Projects and laboratories afford pertinent practical experiences.
P: Nut Sci 212 with at least a C grade.
Spring.

NUT SCI 327. Nutritional Biochemistry. 4 Credits.
A lecture/laboratory course of applied organic chemistry and biochemistry with an emphasis on human nutrition and disease. Examines structure/function relationships and reactions of molecules, metabolic regulation and the roles of nutrients in normal and abnormal metabolism.
P: Biology 201/202 with at least a C grade; and both Chem 300 and 301 with at least a C grade or both Chem 303 and 305 with at least a C grade.
Fall Only.

NUT SCI 350. Life Cycle Nutrition. 3 Credits.
Covers nutrient needs and physiologic changes relevant to stages of the life cycle. Also examines psychosocial and environmental conditions that impact on nutrition status in each stage.
P: Nut Sci 300 with at least a C grade.
Spring.

NUT SCI 402. Management in Dietetic Practice. 3 Credits.
Examines management roles and functions in dietetic practice with an emphasis on a system's approach to management. Focuses on leadership skills and tools needed for operational change and quality improvement.
P: Nut Sci 312 or conc enroll.
Spring.

NUT SCI 421. Community Nutrition. 4 Credits.
Application of nutrition concepts to the public health/community nutrition setting; overview of community nutrition programs and related legislation.
P: jr st and Nut Sci 300 with at least a C grade.
Fall Only.

NUT SCI 427. Advanced Nutrition and Metabolism. 3 Credits.
Examination of non-energy yielding biochemical pathways and associated pathophysiologies. Emphasis is placed on the role of trace-minerals, vitamins and phytochemicals in these pathways.
P: Nut Sci 300 with at least a C grade; REC: Nut Sci 327.
Spring.

NUT SCI 478. Honors in the Major. 3 Credits.
Honors in the Major is designed to recognize student excellence within interdisciplinary and disciplinary academic programs.
P: min 3.50 all cses req for major and min gpa 3.75 all UL cses req for major.
Fall and Spring.

NUT SCI 485. Medical Nutrition Therapy I. 3 Credits.
Theory, principles and application of communication and counseling as applied to behavior changes; principles and application of nutrition assessment and the nutrition care plan process.
P: Psych 102 or Hum Dev 210 with at least a C grade; and Nut Sci 300 with at least a C grade.
Fall Only.

NUT SCI 486. Medical Nutrition Therapy II. 3 Credits.
Principles and applications of nutrition therapy in the management of common and complex diseases; information about health care systems including managed care and reimbursement issues.
P: Nut Sci 485 with a least a C grade.
Spring.

NUT SCI 487. Nutritional Science Seminar. 1 Credit.
This course reviews issues affecting food and nutrition professionals and helps prepare students for career goals. Students will use skills in critical thinking, oral and written communication and self-assessment to prepare a resume and apply to a dietetic internship, graduate school or employment.
P: sr st and enr in Nut Sci/Dietetics emphasis.
Fall Only.

NUT SCI 495. Research in Nutritional Science. 1-5 Credits.
Work closely with a faculty member to plan, perform, evaluate and report on laboratory research in nutritional science or a related field.
P: Hum Biol 207 or Env Sci 207 and approval by faculty mentor.
Fall and Spring.

NUT SCI 497. Internship. 1-12 Credits.
Supervised practical experience in an organization or activity appropriate to a student's career and educational interests. Internships are supervised by faculty members and require periodic student/faculty meetings.
P: jr st.
Fall and Spring.

NUT SCI 498. Independent Study. 1-4 Credits.
Independent study is offered on an individual basis at the student's request and consists of a program of learning activities planned in consultation with a faculty member. A student wishing to study or conduct research in an area not represented in available scheduled courses should develop a preliminary proposal and seek the sponsorship of a faculty member. The student's advisor can direct him or her to instructors with appropriate interests. A written report or equivalent is required for evaluation, and a short title describing the program must be sent early inthe semester to the registrar for entry on the student's transcript.
P: fr or so st with cum gpa > or = 2.50; or jr or sr st with cum gpa > or = 2.00.
Fall and Spring.

NUT SCI 499. Travel Course. 1-6 Credits.
Travel courses are conducted to various parts of the world and are led by one or more faculty members. May be repeated to different locations.
P: cons of instr & prior trip arr & financial deposit.