

**Nutrition/Dietetics Program  
MINOR IN NUTRITION**

**REQUIREMENTS OF THE MINOR**

A minor in Nutrition consists of **NUTR 244, 344, 345, 424** and an additional 9 credit hours selected from the following: NUTR 320, 330L, 406 or 445. Grades of C or better are required in all Nutrition courses used to meet the minor requirement. The sequence of courses for the minor contains some prerequisites including organic Chemistry (212 or 301).

**THE FIELD OF NUTRITION AND DIETETICS**

Nutrition is the study of the nutrients in food, the chemistry and physiology of their utilization, and the relationships of foods and food nutrients to the health of the body. As a basic science, it is concerned with the functions of nutrients, the effects of nutrient deficiencies and imbalances, and the influences of alterations in nutrient intake on basic biological processes. As an applied science, nutrition is concerned with the relationships between people and their food, the practical problems of meeting nutritional requirements, detecting and alleviating malnutrition and learning the influence of disease and alterations in physiological state on nutrient needs. The practice of nutrition is applying nutritional knowledge for individual and family well being. It involves direct effort to improve health through nutrition counseling and nutrition education for all age groups and the providing of nutrition services in institutions and in the community.

**ROLE OF THE MINOR**

The minor in nutrition will complement major study in basic natural sciences such as biology, chemistry and biochemistry, as well as social sciences such as anthropology, sociology, psychology and human geography. The minor in nutrition will also be of interest to students in pre-medical and pre-dental curricula; to students of health promotion and physical education; to students in the allied health professionals; and to students in general family studies, and in child development and family relations.

*The minor in nutrition is not a teacher certification minor.*

## COURSE DESCRIPTIONS NUTRITION/DIETETICS PROGRAM

*Note: semesters listed (Fall, Spring, or Summer) are when the course is usually offered. Check with a Nutrition advisor for most up to date information on timing of course offering.*

**244 Human Nutrition (3)** This course provides an overview of all the nutrients including function in the body and food sources. Dietary guidelines intended to promote long term health are stressed. Prerequisites: Biol 123 or 201 or Chem 111L or Chem121. *Fall, Spring*

**320 Methods in Nutrition Education (3)** Principles of education basic to effective learning by individuals or groups. Selection and effective use of nutrition teaching materials and resources to promote the learning process. Prerequisite or co requisite: 344. *Fall*

**321 Management in Dietetic I (3)** Standard methods of food production in quantity; standardization of recipes; menu planning; and food service. Prerequisites: 244. Admitted nutrition majors only. *Fall*

**322 Management in Dietetics II (3)** Principles of organization and management applied to dietetics practice including food service, medical nutrition therapy, and community nutrition. Prerequisite: 321. *Spring*

**330L Principles of Food Science (4)** Chemical and physical properties of foods, scientific principles of food preparation, objective and sensory evaluation of food modifications. Students design and conduct an independent research project based on food science principles. Prerequisites: 321L, Chem 212 or 301. Pre- or co requisite Biol 239L. Admitted nutrition majors only. *Spring*

**344 Energy Nutrients in Human Nutrition (3)** Carbohydrate, fat and protein in human nutrition. Emphasis includes digestion, absorption, metabolism, food sources and dietary recommendations. Implications for health promotion and disease prevention. Prerequisites: 244, Chem 212 or 301. *Fall*

**345 Vitamins and Minerals in Human Nutrition (3)** Water and fat-soluble vitamins, macrominerals and trace minerals in human nutrition. Emphasis includes absorption, metabolism, food sources, dietary recommendations, deficiencies and nutrient interactions. Implications for health promotion and disease prevention are explored. Prerequisites: 344 or equivalent. *Spring*

**406 Community Nutrition (3)** Application of community health principles to nutrition programs for individuals and groups. Experiences will include work with community nutrition programs. Prerequisites: 344. Prerequisite or co requisite 345. Admitted nutrition majors only. *Spring*

**\*424 Nutrition in the Life Cycle (3)** Nutritional assessment, physical growth and development, and the physiological basis for nutrient needs in pregnancy, lactation, infancy, childhood, adolescence and old age. Application to food selection patterns and the influence of social and cultural factors. Prerequisites: 244, and Biol 237. Restriction: Junior standing or higher. *\*(Graduate credit for those eligible). Fall*

**427 Medical Nutrition Therapy I (3)** The application of diets in the treatment of impaired digestive and metabolic conditions using the case study approach. Prerequisites: 345. Admitted Nutrition majors only. *Fall*

**428 Medical Nutrition Therapy II (3)** Continuation of Medical Nutrition Therapy I. Prerequisite: Nutr 427. *Spring*

**445 Applied Nutrition and Exercise (3)** Interrelationship between nutrition and exercise with application to energy balance, weight control, physical fitness, competitive and recreational sports and prevention of chronic disease. Prerequisites: 345, and PE-P 326L. *Spring*

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