

# NUTRITION (NUTR)

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# Course numbers with the # symbol included (e.g. #400) have not been taught in the last 3 years.

## **NUTR 830 - From Seed to Sea: Examining Sustainable Food Systems**

**Credits:** 4

Integration of diverse human and natural system interactions in a seminar-based course to understand issues in food system sustainability. Examination of food system structure and function from coupled human and natural systems perspectives. Current and topical issues of food and agriculture include: exploration of using natural resources to meeting growing population demands; conflicting views on meeting food and nutrition requirements; impacts of increased stress on natural resources; inequities and discrimination in the food system; impact on dietary guidelines on the environment. Prereq: introductory nutrition course or by permission.

## **NUTR 840 - Nutrition for Children with Special Needs**

**Credits:** 4

Nutritional assessment and care of children with special needs resulting in feeding difficulties requiring medical nutrition therapy. Prereq: NUTR 400.

## **NUTR 850 - Nutritional Biochemistry**

**Credits:** 4

Digestion, absorption, transport, and utilization of food nutrients. Role of macro- and micro-nutrients as substrates and catalyst for metabolic pathways. and the role of these pathways in maintaining human health at the cellular, organ and whole body levels. Prereq: two semesters anatomy and physiology; one semester biochemistry; or equivalents.

## **NUTR 851 - Nutritional Biochemistry of Micronutrients**

**Credits:** 4

Investigation of the nutritional and biochemical aspects of micronutrient metabolism. All essential vitamins and minerals, as well as some phytonutrients and quasi-nutrients are explored in depth. Nutrients are examined for their molecular, cellular, and metabolic and biomedical functions, as well as the biochemical and clinical consequences of their deficiency or excess. Prereq: NUTR 850 or equivalent.

## **NUTR 855 - Treatment of Adult Obesity**

**Credits:** 4

Overview of the risk factors associated with obesity; evidence-based recommendations for assessment and treatment of obesity. Counseling skills important to successful weight management and non-diet approaches are also explored.

## **NUTR 865 - Geriatric Nutrition**

**Credits:** 4

Overview of the physiological changes associated with aging and their impact on preparing, consuming, digesting, absorbing, and metabolizing food. Role of routine nutritional assessment in the promotion of health to prevent and manage chronic disease, with a social focus on the influence of polypharmacy on nutritional status. Prereq: an introductory nutrition course; a life cycle nutrition course.

## **NUTR 873 - Clinical Nutrition**

**Credits:** 4

Principles and mechanisms of disease that result in altered nutrient requirements in humans. Prereq: one semester introductory nutrition; two semesters anatomy & physiology; one semester biochemistry.

## **NUTR 880 - Critical Issues in Nutrition**

**Credits:** 4

Critical review and analysis of controversial topics in nutrition; emphasis on developing oral and written communications skills and critical thinking skills. Prereq: NUTR 873 or permission.

## **NUTR 895 - Investigations**

**Credits:** 1-4

Prereq: permission.

## **NUTR 898 - Nutrition Research Experience**

**Credits:** 4

Students develop a project of interest and identify a mentor within the department to advise them throughout the project. Students prepare a project proposal for review. Final paper and presentation. May be repeated up to a maximum of 4 credits.

## **NUTR 899 - Master's Thesis**

**Credits:** 1-6

Graduate students must enroll for a total of 6 credits for this course. Students may enroll in 1-6 credits per semester. Permission required. Cr/F.

## **NUTR 900 - Contemporary Topics in Animal, Nutritional, and Biomedical Sciences**

**Credits:** 1

An informal forum for graduate students to gain experiences in evaluating the current literature of a contemporary topic. (Also offered as ANSC 900.) May be repeated for a maximum of 2 credits. Offered both fall and spring semesters. Cr/F.

## **NUTR 929 - Introduction to Dietetics: Principles and Practice**

**Credits:** 4

Orientation for graduate students in the dietetic internship program that encompasses community food and clinical nutrition topics. Concepts include: orientation to the profession, ethical standards of the Academy of Nutrition and Dietetics, counseling theory, basic nutrition assessments, evidenced-based medicine, food safety, research, and emotional intelligence. Group research work is integrated as applicable to the internship design. Practicum-based experiential learning (175 hours) is integrated via hands-on dietetic work which includes: long-term care facilities, culinary art skill development, health promotion initiatives, food service operations, and sustainable food planning and production experiences. Special fee.

## **NUTR 930 - Diet: Foodservice and Community**

**Credits:** 6

Pre-professional work experiences with continued examination and application of theory and practice in the dietetic profession. Concepts include foodservice management topics such as facility and human resources management, translation of nutrition into foods/menus, procurement, distribution and service within delivery systems, and food safety and sanitation. Community nutrition topics include nutrition screening and assessment, nutrition counseling and education, food security and sustainability, program development and evaluation, as well as exploration of health promotion and disease prevention theory and application. Assignments and supplemental reading reinforce practicum experiences. Practicum experience (500-600 hours) is integrated into the course design. Prereq: Permission and NUTR 929 and/or NUTR 931. Special fee.

**NUTR 931 - Dietetics: Clinical Theory and Practice**

**Credits:** 6

Integration of clinical theory and practice in dietetics care. Bi-weekly seminars, on-line assignments and supplemental readings provide a mechanism to examine the nutritional basis of diet and disease relationships and consider appropriate nutritional interventions. Clinical rotations (500-600 hours) provide the opportunity to explore the application of nutritional science principles and practices within inpatient and outpatient environments. Staff responsibility, coupled with an in-depth case study presentation of a current patient with multiple nutrition risk factors, serves as the capstone practicum project. Prereq: Permission and NUTR 929 and/or NUTR 930. Special fee.

**NUTR 955 - Topics in Human Obesity**

**Credits:** 4

Various topics related to obesity are discussed from year to year. Topics include: neureregulatory and hormonal mechanisms; role of diet, exercise and energy metabolism, fat as an endocrine organ; obesity, immune function and chronic disease.

**NUTR 995 - Non-thesis Investigations**

**Credits:** 1-4

Advanced investigations in a research project, exclusive of thesis project. Elective only after consultation with the instructor. May be repeated for a maximum of 4 credits. (Offered both fall and spring semesters.)