

# Nutrition (NUTR)

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Course information contained within the Bulletin is accurate at the time of publication in June 2025 but is subject to change. For the most up-to-date course information, please refer to the Course Catalog.

## **NUTR 1000. Special Topics in Nutrition. 1 to 2 Credit Hour.**

The focus of this course is a topic relevant to the discipline of nutrition or a closely related sub-discipline that is not covered by regular departmental course offerings. The specific topics may vary from semester to semester. Please check under Class Schedule in Self-Service Banner for the specific topic of this course.

**Repeatability:** This course may be repeated for additional credit.

## **NUTR 5025. Food Preparation and Management I. 1.5 Credit Hour.**

Food Preparation and Management I is an introductory food service course that provides students with food preparation and management skills. In the first half of the course, students will develop culinary skills and apply food science principles in the cooking lab. In the second half of the course, students will develop food management skills, such as menu planning, food safety and food storage and budget management. After completing the course, students will have the food planning, preparation and management skills needed for food service Supervised Experiential Learning.

**Repeatability:** This course may not be repeated for additional credits.

## **NUTR 5035. Nutritional Biochemistry. 3 Credit Hours.**

Nutritional Biochemistry is an introductory clinical nutrition course that provides students with foundational knowledge about nutrient metabolism. Students will learn about the role of micro- and macro-nutrients in the maintenance of health and the progression of disease. After completing this course, students will be able to describe the physiology and pathophysiology of micro- and macro-nutrients.

**Repeatability:** This course may not be repeated for additional credits.

## **NUTR 5087. Food Preparation and Management I. 1.5 Credit Hour.**

Food Preparation and Management I is an introductory food service course that provides students with principles of food science and techniques of food preparation. This course entails a minimum of 140 hours of supervised experiential learning hours in a food service facility. It includes development of food service skills, application of culinary techniques, and joint supervision by a preceptor and faculty member. Completion of the ServSafe Manager Certification is required for all students prior to starting the course.

**Repeatability:** This course may not be repeated for additional credits.

## **NUTR 5187. Nutrition Education and Counseling. 3 Credit Hours.**

Nutrition Education and Counseling is an introductory public health course that explores the role individual and community factors on food and nutrition behaviors. Students will learn about individual influences on nutrition behavior and the application of behavioral change theory to individual nutrition counseling and group education. Course assignments will include counseling simulations and developing and presenting a nutrition education session. After completing this course, students will be prepared to work with a diverse range of people in individual and community settings. Students will participate in experiential learning. (40 hours throughout the semester).

**Repeatability:** This course may not be repeated for additional credits.

## **NUTR 5387. Dietetics Experiential Learning. 3 Credit Hours.**

This practicum course consists of two components: Supervised Experiential Learning in the field, accompanied by classroom sessions. Students will spend a minimum of 280 hours rotating through inpatient and outpatient clinical nutrition settings. Students will observe and assist preceptors in providing nutrition services, including nutrition assessments, diagnosis, intervention, and monitoring of patients across disease states. Classroom sessions will involve discussions about relevant nutrition issues and student presentations.

**Repeatability:** This course may not be repeated for additional credits.

**Pre-requisites:** Minimum grade of B- in NUTR 5535.

## **NUTR 5525. Food Preparation and Management II. 1.5 Credit Hour.**

Food Preparation and Management II is an upper-level food service course that provides students advanced food service and management skills. Students will develop a deeper understanding of food systems by reflecting on their food service Supervised Experiential Learning and completing collaborative assignments. The course culminates in a Capstone Meal, a project that requires the application of advanced food service knowledge and skills. After completing this course, students will be competent in large-scale menu planning, food safety principles, food storage practices and food distribution.

**Repeatability:** This course may not be repeated for additional credits.

**Pre-requisites:** Minimum grade of B- in NUTR 5087.

**NUTR 5535. Medical Nutrition Therapy. 3 Credit Hours.**

Medical Nutrition Therapy is an intermediate clinical nutrition course that provides students with the skills to diagnose and treat nutrition-related diseases. Students will apply their nutritional biochemistry background as they explore the role of nutrition in treating disease. After learning about the key components of Nutrition Care Process, students will complete case studies in which they assess, diagnose, treat and monitor mock patients. After completing this course, students will have the knowledge and skills needed for clinical Supervised Experiential Learning.

**Repeatability:** This course may not be repeated for additional credits.

**Pre-requisites:** Minimum grade of B- in NUTR 5035.

**NUTR 5835. Nutrition Through the Lifecycle. 3 Credit Hours.**

Nutrition Through the Lifecycle is an advanced clinical nutrition course that draws on students' existing clinical knowledge, skills and judgement. Students will explore acute nutrition conditions at each stage of the lifecycle, as well as the longitudinal effect of chronic diseases. After completing this course, students will be competent in applying the Nutrition Care Process in health promotion and disease treatment at all stages of the lifecycle.

**Repeatability:** This course may not be repeated for additional credits.

**NUTR 5887. Cultural and Community Nutrition. 3 Credit Hours.**

Cultural and Community Nutrition is an advanced public health course that explores the social determinants of health. Students will explore the role of cultural identity, social and physical environment and economic status on food and nutrition behaviors. Assignments will involve engaging with the community and reflecting on this experience. After taking this course, students will have skills for practicing cultural responsiveness and have a deep understanding of environmental influences on health. After completing this course, students will be prepared to work with a diverse range of people in community settings. Students will participate in a minimum of 40 hours supervised experiential learning throughout the semester.

**Course Attributes:** SF

**Repeatability:** This course may not be repeated for additional credits.

**NUTR 9289. MPH Fieldwork I. 3 Credit Hours.**

This course entails a fieldwork project or internship in a public health agency. It includes seminars, oral and written reports of progress, and joint supervision by a preceptor and faculty member.

**Repeatability:** This course may not be repeated for additional credits.

**Pre-requisites:** Minimum grade of B- in EPBI 5006, EPBI 5101, HPM 5006, and SBS 5001.

**NUTR 9389. MPH Fieldwork II. 3 Credit Hours.**

This course is an evaluation of the fieldwork project or internship using a full range of research methodologies. Data are collected, analyzed, and reported in a comprehensive final report. Oral and/or poster presentations are presented to public health organizations. The course includes a final oral defense of the project or internship.

**Repeatability:** This course may not be repeated for additional credits.

**Pre-requisites:** Minimum grade of B- in EPBI 5006, EPBI 5101, HPM 5006, SBS 5001, and NUTR 9289.