

NUTRITION (NUTR)

NUTR 2321 Nutrition Through the Life Cycle (5 Credits)

Presents the role of nutrition during specific phases of the life cycle. Topics include nutrition and its influence on fertility, pregnancy and lactation; growth and development in infancy, childhood and adolescence, maintaining health in adulthood, and in healthy aging. Strategies for preventing and managing a variety of conditions in the life cycle are discussed. Typically offered: Winter, Spring.
Course Schedule

NUTR 2365 Food Science (5 Credits)

This course examines foods widely consumed in the United States drawing knowledge from the disciplines of chemistry, microbiology, biology, nutrition and sensory evaluation. Food composition, preparation, safety, quality, and processing are emphasized. Typically offered: Autumn.
Course Schedule

NUTR 3340 Human Nutrition (5 Credits)

Presents the structure, function, metabolism and principal food sources of the major nutrients required by humans; discusses the role of an adequate diet in normal human body function and disease prevention. Students use nutrient and energy requirements as well as diet planning principles to evaluate their own diet. Contemporary food issues and controversies are also critically discussed. Typically offered: Autumn, Winter, Spring.
Course Schedule

NUTR 4310 Sports and Exercise Nutrition (3 Credits)

Examines the role of the six major nutrients in energy metabolism and optimal athletic performance and recovery. Presents nutrition principles relevant to physical activity. Discusses the different dietary needs of athletes in a variety of sports as well as active individuals with special conditions or needs. Through a series of worksheets and case studies, students practice research, nutrition assessment and meal planning skills that aim to improve diet and physical performance. Typically offered: Spring.
Course Schedule