

# NUTRITION AND DIETETICS (NTR)

## **NTR 110 INTRODUCTION TO DIETETICS2 Credits**

This course will introduce the field of nutrition and dietetics as a registered dietitian nutritionists as well as the history of the profession, future career options, and paths. The course will cover the major and curriculum requirements, evidence-based practice, scope of practice, licensure, political & legal aspects regarding the field, nutritional and food science principles, how it relates to the human physiological chemistry, food chemistry, and society. This course will also provide an introduction to new and emerging technologies in the field of nutrition and dietetics. Guest speakers across campus and professionals in the field will offer expertise regarding field experience, professionalism, and the state of health and nutrition for various populations in the surrounding area.

## **NTR 210 COMPLEMENTARY AND ALTERNATIVE MEDICINE3 Credits**

This course will explore the interconnectedness of the mind, body, and spirit by exploring various alternative medicines and therapies. Evidence-based research and practice will be applied to determine the validity and ethics of these practices and how they can be used in addition to nutrition therapy. Students will be required to gain understanding and knowledge of many of these practices, to understand medical compatibility and incompatibilities, possible medication disruptions, and any beneficial or harmful nutrition outcomes. Fad-diets will also be covered

## **NTR 250 FOOD SERVICE AND HOSPITALITY3 Credits**

This course will provide an introduction to food systems management with an emphasis on quantity food production, sanitation, and food safety, procurement, cost control, labor management, distribution, and service. It will also provide introductory-level experience with leadership, employee development, budgeting, and financial management. Students will also be required to prepare for and complete the ServSafe certification training as part of the course. (Lab Fee Associated, ServSafe certification will be a separate fee for which the student is responsible at the time of their proctored exam.).

**Prerequisites:** FCS 136 and FCS 136L

**Co-requisites:** NTR 250L

## **NTR 250L FOOD SERVICE AND HOSPITALITY LABORATORY1 Credit**

The lab section for this class will provide hands-on training and experience with food preparation, planning, budgeting, serving. Also, inputs, outputs, kitchen design, inventory, and other managerial responsibilities will be implemented. A lab fee will be associated with this course.

**Prerequisites:** FCS 136 and FCS 136L

**Co-requisites:** NTR 250

## **NTR 260 LIFECYCLE NUTRITION3 Credits**

This course will provide knowledge and understanding of cognitive, psychological, physical, and nutritional needs throughout all the developmental stages of the lifecycle, including prenatal, infant, toddler, school-age, adolescents, adulthood, and older age. This course will also cover key nutritional needs, chronic diseases, and nutritional disorders related to each developmental stage, as well as medial nutrition practices, such as ADIME to correct and improve the needs of that person, individual, or population. Services and programs related to specific age and cultural groups will also be discussed.

## **NTR 300 NUTRITION AND METABOLISM3 Credits**

This course will provide advanced perspectives on the biochemical and physiological processes of the body and how that corresponds to nourishment from macronutrients: carbohydrates, fat, and protein. Correlation with other nutrient interactions and environmental aspects will be explored to determine the nutritional and potential chronic disease outcome possibilities. Basic information from different disciplines relating to bodily functions and structure will be summarized to comprehend nutritional biochemistry and metabolism at normal and diseased states when nutrient availability is altered. This course will also cover nutritional genomics

**Prerequisites:** FCS 247 and sophomore or above status

## **NTR 310 MICRONUTRIENT METABOLISM3 Credits**

This course will provide a detailed understanding of digestion, absorption, transport, and biochemical roles or pathways for various vitamins and minerals. Micronutrient requirements will be examined and provide an in-depth view of how micronutrient deficiencies and toxic doses can correspond to multiple nutritional and disease outcomes. Students will also be required to recall food-specific sources for these vitamins and minerals, as well as research and analyze current scholarly information and popular nutrition claims to think, analyze, and evaluate nutrition information critically.

**Prerequisites:** FCS 247 and sophomore or above status

## **NTR 320 NUTRITION EDUCATION AND COUNSELING3 Credits**

This course will provide detailed instruction, guidance, and practice conducting nutrition screening, assessments, diagnosis, and evaluation in a variety of settings, including health care, communities, clinics, social program clinics, schools, and in private practice. This will include behavior change theory application, development, and usage of educational activities, communication skills, professional ethics, goal-setting, and counseling. Students will conduct several case-study assessments and hands-on activities to begin practicing communication skills, creative and critical thinking skills, and application of nutritional disease management.

**Prerequisites:** Sophomore or above status

## **NTR 450 MEDICAL NUTRITION THERAPY I3 Credits**

This course will provide an introduction to various chronic disease conditions and how to use the Nutrition Care Process, including Nutrition Screening, Assessment, Nutrition Diagnosis, and Evaluation of Nutrition Care Plans. Medical Nutrition Therapy application in this course will include weight management, eating disorders, upper and lower gastrointestinal disorders, cardiovascular diseases, and endocrine disorders.

**Prerequisites:** NTR 300, NTR 310 and Junior or above status

## **NTR 460 MEDICAL NUTRITION THERAPY II3 Credits**

This course will provide an introduction to various chronic disease conditions and how to use the Nutrition Care Process, including Nutrition Screening, Assessment, Nutrition Diagnosis, and Evaluation of Nutrition Care Plans. Medical Nutrition Therapy application in this course will include acid-base balance, neurological disease and disorders, respiratory diseases, renal disease, metabolic stress, cancer, enteral and parenteral feeding.

**Prerequisites:** NTR 450 and Junior or above status