

NUTRITION (NTR)

NTR 100 - Introduction to the Nutrition Profession (1 Credit)

1 lecture, 0 lab, 1 total contact hours

Introduces the field of nutrition and dietetics including history of the profession, educational pathways, career options, code of ethics, professional development and scope of practice. This course includes guest speakers, hands-on activities and assignments.

Typically offered: Fall

NTR 101 - Fundamentals of Nutrition (3 Credits)

3 lecture, 3 total contact hours

Introduces the science of nutrition and its relationship to health and disease. Nutrients found in foods, their digestion, absorption and metabolism by the body; cultural, socioeconomic and psychological influences on food selection; and application of these concepts to promote good nutritional health and prevent disease will be covered. (formerly DIT 101)

Typically offered: Fall, Spring, Summer

NTR 110 - Principles of Food Preparation (3 Credits)

2 lecture, 2 lab, 4 total contact hours

Introduces the scientific principles of food preparation. Emphasis is placed on food selection and basic food preparation practices. Laboratory experience includes application of these principles, sensory evaluation and recipe modification.

NTR 200 - Nutrition through the Lifecycle (3 Credits)

3 lecture, 3 total contact hours

Focuses on nutrition principles and nutrient needs required for individuals throughout the human lifespan. Uses case studies to reinforce topics. Prerequisite: NTR 101 with a grade of C or better.

Typically offered: Fall

NTR 205 - World Cultures and Food (3 Credits)

2 lecture, 2 lab, 4 total contact hours

Examines the uniqueness of food patterns from around the world as shaped by geographic, historical, socioeconomic and religious factors. Explores how food can be a bridge to understanding multiculturalism through the preparation of traditional recipes in the laboratory setting. World Culture and Diversity

Typically offered: Spring

NTR 210 - Food Science (4 Credits)

3 lecture, 2 lab, 5 total contact hours

Introduces the scientific principles of food preparation including chemical, physical and functional properties of food as well and applications to the field of nutrition and dietetics. Lab experiences include applications of these principles. Prerequisite: CHM 110 with a grade of C or better, or equivalent chemistry course with coordinator approval.

NTR 225 - Sports Nutrition (3 Credits)

3 lecture, 0 lab, 3 total contact hours

Provides in-depth study of the physiological principles behind sports nutrition as it relates to the influence of nutrition on exercise performance, exercise training and recovery. (Also listed as KIN 225. Credit will be given for either NTR 225 or KIN 225, but not both.) (formerly DIT 225)

Typically offered: Spring

NTR 295 - Community Nutrition (3 Credits)

3 lecture, 3 total contact hours

Introduces principles of community nutrition including public health, legislation and policy, health care systems, program development and marketing, delivering nutrition programs, planning nutrition interventions, nutrition education and gaining cultural competence. Prerequisite: NTR 101 with a grade of C or better.

Typically offered: Spring

NTR 296 - Dietetic Internship Preparation I (6 Credits)

6 lecture, 0 lab, 6 total contact hours

Focuses on medical nutrition therapy for health conditions and disease states. Prepares students through case studies, simulations and hands-on learning activities. Prerequisite: Admission to Dietetic Internship program and consent of program coordinator required. Concurrent Enrollment: Must be enrolled in NTR 298 or NTR 299.

Typically offered: Fall

NTR 297 - Dietetic Internship Preparation II (6 Credits)

6 lecture, 0 lab, 6 total contact hours

Focuses on principles of management, food service, community nutrition and wellness as it relates to nutrition. Prepares students through projects, field trips, simulations and other alternate practice experiences. Prerequisite: NTR 296 with a grade of B or better and consent of program coordinator required. Concurrent Enrollment: Must be enrolled in either NTR 298 or NTR 299.

Typically offered: Spring

NTR 298 - Dietetic Internship Rotation I (6 Credits)

0 lecture, 32 lab, 32 total contact hours

Offers students assigned clinical experience in approved health care and community agencies. Emphasis is placed on the Nutrition Care Process. Prerequisite: Consent of program coordinator required. Concurrent Enrollment: Must be enrolled in NTR 296 or NTR 297.

Typically offered: Fall, Spring

NTR 299 - Dietetic Internship Rotation II (6 Credits)

0 lecture, 32 lab, 32 total contact hours

Offers students assigned internship experiences in food service operations, wellness, health care and community agencies. Prerequisite: Consent of program coordinator required. Concurrent Enrollment: Must be enrolled in NTR 296 or 297.

Typically offered: Fall, Spring