

NUTR-NUTRITION

NUTR 1120. Dietary Guidelines

4 Credits (4)

A presentation and explanation in detail of the Dietary Guidelines for Americans developed by the U.S. Department of Agriculture (U.S.D.A.) and the U.S. Department of Health and Human Services.

Learning Outcomes

1. Recall, interpret and explain each of the Dietary Guidelines and U.S.D.A. nutrition education tools.
2. Translate the Dietary Guidelines into a diet and exercise program.
3. List and describe methods to select and prepare food which are consistent with the Dietary Guidelines for Americans.
4. Identify risk factors related to disease prevention.

NUTR 2110. Human Nutrition

3 Credits (3)

This course provides an overview of nutrients, including requirements, digestion, absorption, transport, function in the body and food sources. Dietary guidelines intended to promote long-term health are stressed.

Learning Outcomes

1. Evaluate sources of nutrition information for reliability
2. Identify elements of a nutritious diet
3. Describe the digestion, transport, and absorption of nutrients
4. Describe the importance of nutrition in weight control and health
5. Identify nutritional needs as they relate to the life cycle and performance
6. Describe behavior modification techniques that promote good health
7. Evaluate popular nutrition trends for scientific accuracy and effectiveness
8. Develop skills in the planning and assessing of healthy meal plans
9. Describe the role of food choices in the development of chronic disease 1
10. Describe the role of food in the promotion of a healthful lifestyle

NUTR 2120. Seminar I - Becoming a Nutrition Professional

1 Credit (1)

This course will introduce students to the field experience, careers, and professions in nutrition. This course is required for students pursuing a Didactic Program in Dietetics verification statement.

Learning Outcomes

1. Describe career options within the fields of Nutrition Dietetics.
2. Outline the HNDS field experience process.
3. Explain the educational pathways in HNDS.
4. List requirements for admission into the HNDS Dietetics pathway.
5. Begin an HNDS student portfolio.
6. Discuss the importance of personal responsibility accountability.