

Nutrition (NUTR)

NUTR 121. Clinical Human Nutrition. 2 Credits.

This course is an introduction to normal and clinical nutrition. The fundamentals of nutrition and nutritional needs throughout the life span will be addressed. The appropriate uses of diet therapy in restoring and maintaining health will also be covered.

NUTR 221. Basic Human Nutrition. 3 Credits.

This course is an introduction to human nutrition. Students will evaluate their diet and nutritional needs as they learn the different classes of nutrients, nutrition recommendations, and critical consumerism.

NUTR 291. Special Topics. 3 Credits.

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

NUTR 411. Sport Nutrition. 3 Credits.

This course explores and applies nutritional concepts specific to physical activity and performance. Macro and micro nutrient demands during physical activity are a theme throughout the course. Fluid balance, energy balance, and performance optimization are also examined.