NUTRITION AND DIETETICS

Nutrition and Dietetics (NDT) Courses

NDT 2043. Introduction to Nutritional Sciences. (3-0) 3 Credit Hours.
Prerequisite: BIO 1233 or BIO 1203. Basic concepts related to the classification and functions of nutrients; the process of digestion, absorption, transport, utilization, and storage of nutrients in humans and the interaction between diet and health. (Same as BIO 2043. Credit cannot be earned for both NDT 2043 and BIO 2043.) Generally offered: Fall, Spring. Course Fees: DL01 $75; LRHC $10; STHC $18.

NDT 2313. Introduction to Public Health Nutrition. (3-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. Introduces students to the principles of nutrition and public health. Considers the multiple levels of influence on diet intake, food choice, and related health outcomes. Examines nutrition prevention policy, programs, initiatives, and interventions. The course will also cover the role of the public health nutrition professional in the community. Course fees: LRHC $10; STHC $18.

NDT 2323. Nutrition Matters: Food Systems from Farm to Fork. (3-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. Students will gain a scientific foundation for understanding what we eat matters, farm to fork, and the tools and skills to make the healthy food choices to promote good health and prevent chronic disease. Course fees: LRHC $10; STHC $18.

NDT 3191. Applied Food Science Practicum. (0-3) 1 Credit Hour.
Prerequisites: BIO 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent. Corequisite: Concurrent enrollment in NDT 3313 or permission of faculty advisor. The application of concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall. Course Fees: DNPF $225; LRHC $10; STHC $6; DL01 $25.

NDT 3203. Introduction to Nutrition and Dietetics Careers. (3-0) 3 Credit Hours.
Prerequisite: Nutrition and Dietetics majors only. General overview of nutrition and dietetics as a profession, including career opportunities, scope of practice, credentialing, code of ethics, and collaboration with other disciplines. Self-directed modules on medical terminology, word roots, prefixes and suffixes will be integrated into the course content. Generally offered: Fall. Course Fees: DL01 $75; LRHC $10; STHC $18.

NDT 3292. Food Production Practicum. (0-6) 2 Credit Hours.
Prerequisite: Nutrition and Dietetics majors only. Corequisite: Concurrent enrollment in NDT 3353 or permission of faculty advisor. Practicum related to the procurement, preparation, and delivery of food in large foodservice operations. Generally offered: Spring. Course Fees: DNPF $40; LRHC $10; STHC $12.

NDT 3313. Applied Food Science. (3-0) 3 Credit Hours.
Prerequisites: BIO 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent; concurrent enrollment in NDT 3191 is recommended. Concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 3333. Nutrition and Health Assessment. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent. Methods, tools, and interpretation of data in assessing the nutritional status of individuals including dietary, anthropometric, biochemical, and clinical assessment, as well as other measurements of health in individuals and the community. Generally offered: Spring. Course Fees: LRHC $10; STHC $18.

NDT 3334. Nutrition Counseling and Education. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors only, and NDT 2043 or equivalent. Discussion of theories of learning and behavior modification, models and techniques, communication skills, evaluation methods, and cultural competence in nutrition counseling and education; and application of concepts to facilitate behavioral change. Generally offered: Spring. Course Fees: LRHC $10; STHC $18.

NDT 3343. Nutrition in the Life Span. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent and Human Physiology. Nutritional needs during various stages of the lifecycle as influenced by physiologic, cultural, and environmental factors. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 3353. Production and Foodservice System Management I. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors only, and NDT 3313 or equivalent; concurrent enrollment in NDT 3292 is recommended. Principles related to the menu planning, food sanitation and safety, procurement, production, marketing, and materials management in foodservice operations. Generally offered: Spring. Course Fees: LRHC $10; STHC $18.

NDT 3363. Nutrition Education and Communication for Health Professionals. (3-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. Introduces students to the fundamentals of nutrition education including traditional and developing models and theories of learning for promoting good nutrition and health. Students will develop a basic understanding of the consumer trends in food, nutrition, health, and effective communication skills to promote a healthy lifestyle. Course fees: LRHC $10; STHC $18.

NDT 3373. Foundations of Maternal and Child Health and Nutrition. (3-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. This course is an introduction to the historical perspective of maternal and child health with an emphasis on nutritional recommendations during preconception, pregnancy, lactation, early infancy, and childhood. Students will gain an understanding of the federal programs that support women, infants, and children, and explore career opportunities. Course fees: LRHC $10; STHC $18.

NDT 3383. Nutrition Counseling and Education. (3-0) 3 Credit Hours.
Prerequisite: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent and Human Physiology. Nutritional needs during various stages of the lifecycle as influenced by physiologic, cultural, and environmental factors. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 3393. Advanced Human Nutrition. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors and minors only, and NDT 2043 or equivalent and Biochemistry. Advanced discussion of nutrient structure, function and interaction, metabolic pathways, and regulation and integration of metabolism. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 4091. Community Service Practicum. (0-3) 1 Credit Hour.
Prerequisite: Nutrition and Dietetics majors only. Corequisite: NDT 4333 is recommended or with permission of faculty advisor. Application of learned strategies in meaningful community service through collaborative tasks performed at various community programs. Service learning activities are aimed at enriching the life experiences of students through civic responsibility and community outreach. Course Fees: DNPF $20; LRHC $10; STHC $6; DL01 $25.
NDT 4191. Nutrition Care Process Practicum. (0-3) 1 Credit Hour.
Prerequisite: Nutrition and Dietetics majors only. Corequisite: Concurrent enrollment in NDT 4353 is required. A problem-based approach to dietetics practice using case simulations and studies; application of basic nutritional assessment skills, nutritional diagnosis, intervention, and monitoring in different settings; practice skills in counseling and nutrition education. Course Fees: DNPF $20; LRHC $10; STHC $6.

NDT 4313. Production and Food Service System Management II. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors only, and NDT 3353 and NDT 3292 or equivalent. Theories and principles related to the foodservice, systems management including leadership, decision-making, human resources, and financial management of operations. Course Fees: DL01 $75; LRHC $10; STHC $18.

NDT 4323. Medical Nutrition Therapy I. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors only, and NDT 3323 and NDT 3333 or equivalent. Pathophysiology and the application of the nutritional care process in the treatment of simple human diseases and conditions, part 1. Course Fees: LRHC $10; STHC $18.

NDT 4333. Community Nutrition. (3-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. Nutrition-related issues in public health, various community resources, agencies, and programs involved in health promotion and disease prevention. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 4343. Nutrition in Disease Prevention and Health Promotion. (3-0) 3 Credit Hours.
Prerequisites: NDT 2043 and NDT 4333. An evidence-based analysis as it relates to diet/nutrition in the prevention of chronic diseases; and fundamental concepts in the promotion of health among individuals and groups. Course Fees: LRHC $10; STHC $18.

NDT 4353. Medical Nutrition Therapy II. (3-0) 3 Credit Hours.
Prerequisites: Nutrition and Dietetics majors only, and NDT 4323. Continuation of Advanced Medical Nutrition I; and review of the pathophysiology and the application of the nutritional care process in the treatment of more complex human disease and conditions. Course Fees: LRHC $10; STHC $18.

NDT 4363. Current Issues in Nutrition. (3-0) 3 Credit Hours.
Prerequisites: NDT 2043 or equivalent; must have senior or graduate standing. In-depth discussion and analysis of emerging trends, concepts, and controversies in nutritional sciences, including application of evidence-based principles in the discussion. Course Fees: LRHC $10; STHC $18; DL01 $75.

NDT 4911. Independent Study in Nutrition and Dietetics. (0-0) 1 Credit Hour.
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree. (Formerly NDT 4951. Credit cannot be earned for both NDT 4951 and NDT 4911.) Course Fee: STHC $6.

NDT 4912. Independent Study in Nutrition and Dietetics. (0-0) 2 Credit Hours.
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree. (Formerly NDT 4952. Credit cannot be earned for both NDT 4952 and NDT 4912.) Course Fee: STHC $12.

NDT 4913. Independent Study in Nutrition and Dietetics. (0-0) 3 Credit Hours.
Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree. (Formerly NDT 4953. Credit cannot be earned for both NDT 4953 and NDT 4913.) Course Fee: STHC $18.

NDT 4943. Special Studies in Nutrition and Dietetics. (3-0) 3 Credit Hours.
Prerequisite: Consent of Instructor. Organized course offering the opportunity for specialized study in an area of nutrition and dietetics not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree. Course Fees: LRHC $10; STHC $18; DL01 $75.