

NUTRITION (NTR)

Nutrition (NTR) Courses

NTR 2013. 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. (Formerly NDT 2313.) Course Fee: LRHC \$10; STHC \$18.

NTR 3012. Food Science Lab and Experimental Activities. (0-6) 2 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Learn the basic principles of food science and gain an enhanced understanding of the role of food science in the development of food products. Gain a better understanding of the importance of food safety, basic regulatory issues, and food science trends. Course Fee: LRHC \$10; STHC \$12; DNMF \$450.

NTR 3023. Fundamentals of Food Science and Safety. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Theory and practical application of scientific principles of food purchasing and preparation, including food safety considerations, and regulatory agencies responsible for food safety. Course Fee: LRHC \$10; STHC \$18.

NTR 3043. 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 consumer trends in food, nutrition, and health and effective communication skills to promote a healthy lifestyle. (Formerly NDT 3363.) Course Fee: LRHC \$10; STHC \$18.

NTR 3053. 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, emphasizing 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. (Formerly NDT 3373.) Course Fee: LRHC \$10; STHC \$18.

NTR 3073. 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. (Formerly NDT 2323.) Course Fee: LRHC \$10; STHC \$18.

NTR 4013. Public Health Nutrition Program Management and Leadership. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course focuses on enhancing an individual's abilities to become a skilled professional and a leader in the field of human nutrition. Qualities of leaders, efficient teams, effective communication, and transformational leadership will be applied in a wider perspective pertaining to public health nutrition programs. Course Fee: LRHC \$10; STHC \$18.

NTR 4023. Public Health Nutrition Policy Systems and Solutions. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Familiarize and engage in the dynamics of policy making processes that address nutrition problems and issues. This course will discuss governmental and legislative decisions that address a nutrition or food problem or set of problems. Course Fee: LRHC \$10; STHC \$18.

NTR 4033. Personal Nutrition and Cooking Basics. (2-3) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course is designed to evaluate social determinants of food choices and the meaning of food in the context of various cultures, as they contribute to the establishment of a cultural identity through the acquisition of basic food preparation skills. Course Fee: LRHC \$10; STHC \$18; DNMF \$675.

NTR 4043. Nutrition, Chronic Disease and Health Behavior. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course is a survey of current nutrition science principles in disease prevention and health promotion. As a result of taking this course, you will gain nutritional science knowledge and analytical skills that can be used to evaluate primary research related to nutrition and specific disease states. Course Fee: LRHC \$10; STHC \$18.

NTR 4053. Nutrition and Healthy Aging. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course reviews aging theories and the pathophysiology of aging while focusing on the nutritional needs of older adults. Nutritional status assessment and management of age-related diseases will be explored. Course Fee: LRHC \$10; STHC \$18.

NTR 4063. Nutrition for Pregnancy and Lactation. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Overview of nutrition issues affecting pregnant and postpartum women, females of reproductive age, infants, and toddlers through two years of age. The course will integrate public health practice and policy recommendations with evidence-based clinical practice guidelines to provide a comprehensive view of maternal and infant nutrition issues from a public health perspective. Course Fee: LRHC \$10; STHC \$18.

NTR 4073. Pediatric and Adolescent Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Overview of nutritional needs of preschool-aged children in early childhood through adolescence. Relevant conditions, such as food allergies, obesity, and eating disorders, will be discussed as well as the influence of parents, schools, media, and the community will be examined. Course Fee: LRHC \$10; STHC \$18.

NTR 4083. Introduction to Translational Research Methods In Nutrition Research. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course discusses the implication of translational research in the nutrition field. Students will be able to select appropriate methods of data collection and analysis for given nutrition-related problems. Critical evaluation of research and ethics in research will be required. Course Fee: LRHC \$10; STHC \$18.

NTR 4093. Personal Nutrition for Sport Performance and Health. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Increase student understanding of advanced concepts of human nutrition, including digestion, absorption, metabolism, and the function of nutrients as they relate to human health and physical performance while developing an understanding of nutritional genomics in relation to personalized nutrition as means of nutritional control of gene expression and functional genomic studies with relationships to nutrient intake and polymorphisms. Course Fee: LRHC \$10; STHC \$18.

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NTR 4933. Internship in Public Health Nutrition. (3-0) 3 Credit Hours.

Prerequisite: A cumulative grade point average of 3.00 or greater and must be within 9 semester credit hours of graduation is required; and NDT 2043. The internship provides an opportunity to gain experience in a public health nutrition-related agency. Opportunities will be coordinated with a faculty advisor. Course Fee: LRHC \$10; STHC \$18; DNP \$60.