

NTR-Nutrition Sciences

Courses

NTR 121. Well Being and You. 3 Hours.

Exploration of social, environmental, and cultural influences on eating and activity habits; mindfulness and coping skills to improve health, well-being, and resilience. This course meets the Blazer Core Humans & Their Societies requirement with a flag in Wellness/Wellbeing.

NTR 201. Healthy People, Healthy Planet. 3 Hours.

Influence of individuals, community, government, and earth on mental, emotional, and physical well-being; design of community programs and interventions in a holistic ecological framework. This course meets Blazer Core Humans and their Societies with a flag in Wellness/Wellbeing.

NTR 211. Herbs and Spices in Nutrition, Health, and Wellness. 3 Hours.

Herbs and spices have been components of human diets via culinary traditions for thousands of years. This course will provide an overview of herbs and spices, with a focus on approximately two dozen popular seasonings. Evidence-based evaluations of health and wellness claims will be considered alongside the dietary and culinary benefits of herb and spice use.

NTR 220. Contemporary Issues in Nutrition. 3 Hours.

Contemporary Issues in Nutrition is designed for non-health professional majors and will be particularly beneficial to those in education, communications, and business fields of study.

NTR 222. Nutrition and Health. 3 Hours.

Introduction to principles of nutrition; essential nutrients and their relation to growth, maintenance, and optimal functioning of the body; dietary recommendations to promote wellness and prevent chronic disease. This course meets Blazer Core Curriculum Humans & their Societies with a flag in Wellness/Well-being.

NTR 225. Promoting Nutrition and Wellness for Healthy Communities. 3 Hours.

This course will introduce students to one of the most critical health issues in the US today – poor nutrition, unhealthy life styles and their consequences including the epidemic of obesity. Students will learn about the diverse range of individuals impacted by this issue and will discover the range of prevention, education and support services that are offered. This course will cover the following aspects of unhealthy lifestyles/poor nutrition: history and systemic causes, education and prevention, including policy and advocacy. The course is also designed to present a multicultural perspective on the issues and students will be encouraged to engage in service-learning in the field, read literature, listen to speakers and interact with individuals representing a range of ages, genders, ethnicities and socioeconomic status.

NTR 232. Lifecycle Nutrition. 3 Hours.

Role of nutrition and dietary factors on the growth, development, and maintenance of health throughout the human life cycle. Nutritional guidelines/recommendations, special nutritional needs, physiology, and nutritional health concerns for each stage of the human lifecycle, from preconception through adulthood and aging.

Prerequisites: NTR 222 [Min Grade: C]

NTR 300. Nutrition Communication: From Science to Consumer. 3 Hours.

Interpreting nutrition research, including study designs and statistics, to develop nutrition messages and education materials using various media.

Prerequisites: NTR 222 [Min Grade: C]

NTR 320. Nutrition and the Consumer. 3 Hours.

Contemporary nutrition topics that affect consumers, such as dietary supplements, food additives, food safety, food, genetically modified organisms in foods & integrative medicine. Techniques to communicate nutrition information to consumers.

Prerequisites: NTR 222 [Min Grade: C]

NTR 330. Nutrition and Metabolism. 3 Hours.

Metabolism and functions of nutrients after mixed meal intakes, including USDA MyPlate, low-carbohydrate or low-fat diets; biosynthesis of vitamins and co-factors and whole food sources; human requirements for energy, amino acids, minerals, and vitamins; food fortification; current human nutritional challenges and diseases.

Prerequisites: NTR 222 [Min Grade: C]

NTR 420. Nutritional Genetics. 3 Hours.

How behavioral practices, environmental influences, and genetic makeup interact to influence individual preferences and responses to foods. Models to incorporate the interaction of these factors in developing potential strategies to prevent disease and achieve better nutritional health.

NTR 421. Nutrition Assessment and the Nutrition Care Process. 3 Hours.

Introduction to the Nutrition Care Process (NCP), a systematic approach to providing high-quality nutrition care. The NCP provides a framework for critical thinking and decision making. Gain factual knowledge, learn to apply course material through case study application, and explore fundamental principles in medical nutrition related content areas.

Prerequisites: NTR 222 [Min Grade: D]

NTR 433. Health and Wellness in the Information Age. 3 Hours.

Using technology and informatics skills to find, evaluate, and share accurate information to provide the best care to patients, clients, and the community.

Prerequisites: NTR 222 [Min Grade: C]

NTR 444. Nutrition in Wellness and in Chronic Disease. 3 Hours.

Mechanisms underlying chronic diseases; role of nutrition and other health behaviors in prevention and treatment.

Prerequisites: NTR 330 [Min Grade: C]

NTR 450. Translational Research in Biobehavioral and Nutrition Science. 3 Hours.

Development of skills in accurately translating scientific evidence from basic through clinical research and implementation studies into actionable messages for the public.

Prerequisites: NTR 222 [Min Grade: C]

NTR 475. Special Topics in Biobehavioral Nutrition and Wellness. 1-4 Hour.

Exploration of current issues in Biobehavioral Nutrition and Wellness.

NTR 490. Capstone Experience in Biobehavioral Nutrition and Wellness. 3 Hours.

Capstone experience integrating and applying the biobehavioral nutrition and wellness body of knowledge in a comprehensive group project.